

OASISnews

Older
Adult
Social &
Information
Services

The official guide to the programs and services offered at the OASIS Senior Center

DECEMBER 2011

VOL. 35 NO. 12

**Membership Monthly
Get Together
Friday, December 2**

**Time to Renew your
Friends of OASIS Membership
See page 27 for application**

**Holiday Luncheon
Friday, December 16
See page 5 for details**

**OASIS will be closed from
December 26, 2011 to
January 2, 2012**

A Publication of the City of Newport Beach and the Friends of OASIS
(949) 644-3244 www.newportbeachca.gov/oasis

December 2011

Membership Monthly Get Together Friday, December 2 10:00am

Meeting, entertainment and lunch

December Entertainment:

Todd and Jennifer Vigiletti, performing together as the "Stardust Vocal Duo," pride themselves on their ability to entertain audiences of all musical tastes. Whether singing the timeless classics of the 20s, 30s, 40s or holiday hits, Stardust is aiming to please our discriminating crowd! In addition to their beautiful voices, the humor and charm of this couple will fill our Center with an atmosphere that we will fondly remember. They have recently performed at the Wiltern Theater Los Angeles, Las Vegas Hilton, Bellagio Hotel Las Vegas, and the Anaheim Convention Center. I hope you will join us for some friendship, frolic, and joy at the Evelyn Hart Event Center.

This is the regular monthly meeting of the Friends of OASIS. It provides opportunities for attendees to socialize and to receive important updates from the Friends' Officers, the Board Committees, the Center Director and her staff while enjoying entertainment and a special lunch.

Lunch Tickets: \$8 members/ \$10 non-members

Advance purchase is recommended.

Menu: Rolled vegetarian lasagna, caesar salad, and cream filled puff pastry with chocolate sauce.

Location: OASIS Evelyn Hart Event Center

Program Director: Anthony Allen, 1st Vice President



OASIS Senior Center

801 Narcissus Ave., Corona del Mar, CA 92625-1501

www.newportbeachca.gov/oasis

Administration Office

(949) 644-3244

Monday-Friday 8:00am-5:00pm

Saturday/Sunday Closed

Fitness Center

(949) 718-1818

M-Th 7:00-8:00pm, Friday 7:00am-5:00pm

Saturday/Sunday 8:00am-2:00pm

Center is closed on all City-observed holidays.

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Blanca Parra

Jose Cardenas

Bryan Zink

Bill Breslin

Age Well Senior Services Meals Coordinators:

Berenice Barajas (949) 718-1820

Ken Nottle

OASIS News Staff

Senior Editor, Marci Byers

Assistance by Anne Doughty

Contributing Editor, Rich Tester

Newsletter Committee:

Pat Jones

Nancy Madigan

Stan Troutman, Photographer

Nanette Bowman, Advertising Coordinator

Friends of OASIS Staff and Office

Maria Hernandez, Administrative Assistant

801 Narcissus Ave., Corona del Mar, CA 92625-1501

www.friendsofoasis.org

Phone: (949) 718-1800

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Celeste Jardine-Haug

OASIS Senior Center Director

Where has the year gone? I can't believe it is December already and soon we will start a new year. How time flies when you're having fun!

As many of you might know, we have had some personnel changes in November. Leslie Hardy, our Fitness Center Coordinator was promoted to Recreation Supervisor with the Recreation Division. Therefore, she will be supervising the operations at the Newport Coast Community Center and also the Aquatics program for the City. We are sad to see her go. She did a fantastic job starting up our Fitness Center and making it a fun place for everyone. Her replacement is Justin Schmillan who has been working with us as our Assistant Recreation Coordinator on a part-time basis. He now is full-time with us coordinating the Fitness Center. He has proven to be an excellent employee and I am confident that he will be fantastic in his new position. I know the members of the Fitness Center will welcome him.

The Assistant Coordinator position is currently in the recruitment phase. I hope to have someone on board by the end of January. As you know, we pride ourselves on having top notch employees who help to make this Center a great place for people to enjoy.

One business item worth mentioning is that again this year, the City will be closing up shop during the holidays. Therefore the Center will be closed from Monday, December 26, 2011 through Monday, January 2, 2012. We will re-open on Tuesday, January 3, 2012. I hope that everyone has a happy and healthy holiday season.

Celeste

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Scott Paulsen

Friends of OASIS President

Ahhhh, my most fun time of the year has arrived! OASIS is a very festive place during the holidays and you will want to read every page in this newsletter so you don't miss anything. Maria has asked me to remind you that there are See's Candy and See's gift certificates for sale in the Gift Shop, and if you want three or more boxes, she can order them for you if you call her at (949) 718-1800. The price is \$15 per pound, and you must order before December 16. Our adopted Marine families at Camp Pendleton are very grateful for the donations from OASIS Friends for Thanksgiving dinners and we

are collecting for their Christmas dinners on Monday, December 12 and Tuesday, December 13. Please help with dinner items if you can (frozen turkeys, stuffing mix, yams, potatoes, gravy mix, etc).

The pictures below (from left) are of Brian McDonough, President of the Newport Beach Firefighters Association, presenting a donation to the Friends. The other is of Willard and Gayle Courtney with Ed Romeo and myself at the hanging in the Friends

Family Room of the wonderful poem Willard wrote entitled 'Driftwood'. Additionally, in the art gallery hallway next to the Travel Department, beautiful artwork done by OASIS art student is on display. Many, many talented people hang out here at OASIS. Have a wonderful holiday season everybody!

Scott



THE FOLLOWING ACTIVITIES ARE DARK IN DECEMBER:
Computer Friends, Free Afternoon Dance, and Trail Trekkies.

Have questions about Google, e-mail and Facebook or just surfing the web? Need a quick question answered about your computer? Want to know what your cell phone can really do? We have high school students that can help you. They are available for 30 minute sessions (FREE!) Tuesdays and Thursdays from 4:00-5:00pm. Available only by reservation only. Call (949) 644-3244.



FINANCIAL FORUM

Thursday, December 1
3:00-5:00pm

OASIS Room 4

Speaker: Jerry Slusiewicz, Principal Portfolio Manager,
Pacific Financial Planners

Registration is not required for this free seminar.
December topic: Year-End Financial Decisions. There are many important decisions for taxes and for other reasons that need to be made before Dec. 31 that could benefit you greatly.



NEW OASIS GROUP: FRIENDS OF PHOTOGRAPHY CLUB

Wednesday, January 18

6:30-8:30pm

OASIS Evelyn Hart Event Center

Do you enjoy taking pictures with your digital camera? Is your New Year's resolution to dust off that digital camera and start taking incredible pictures? Would you like to join a dynamic group of like-minded photographers where you can improve your skills and share tips with others? If you answered yes to any of these questions, then this new club is for you! Please understand, this is not a photography class; it is a photography club.

This club will start up in January and will meet on the 3rd Wednesday every month to hear from experienced photographers and to learn new photography skills. At the January meeting, Bill Fletcher will present a short photo show and introduce the club. Bring your ideas and personal experience and together we'll learn and grow. Join us!



LET'S GO TRIPPIN': CRUISING THE DANUBE



Wednesday, December 14 7:00-8:00pm
OASIS Evelyn Hart Event Center
Host: Duke Libby

We accompany Dave & Beverly Klages on a 2008 cruise along the famed Danube River. Originating in the Bavarian forests, we'll travel 1,700 miles through nine countries to the Black Sea. Having once served as the northern frontier for the Roman Empire, the Danube has been influential in the socio-political evolution of Central & Southeastern Europe. Enroute, we visit some of Europe's great cities including Budapest, Vienna, Belgrade & Bucharest.

UNDERSTANDING FINANCIAL MARKETS

Instructor: Richard V. Rueb

January 9 - March 21

Mon. 1:00-3:00pm & Wed. 8:30-10:30am

Class meets twice a week; 20 total class sessions.

No class 1/16, 2/20.

OASIS Computer Center

Registration required (949) 644-3244. Use code FINANCE1.

You will learn the entire spectrum of world financial markets. Stocks alone do not propel or contract the markets; currency, options, stock indexes, metals, interest rates and commodities do. Market theory, psychology and practical application will be given equal time. Trend will be center focus! You will learn well-timed, high probability entry as well as where (when) to exit with best result.

You will have fun while learning how to protect your established wealth and then, possibly, grow a small portion. You will be able to intelligently converse with any advisor, broker, banker, or friend. You will also learn how to better use your computer to do it!

This class will be taught using computers. Students should possess a basic understanding of how to use a computer including how to navigate the internet.

For specific course details, please email Richard Rueb at RVRueb@gmail.com.

OASIS AFTERNOON MOVIE

Wednesday, December 14
Movie starts promptly at 1:00pm
OASIS Evelyn Hart Event Center A



Reservations are not required for this free movie.

December movie: It's a Wonderful Life

Synopsis: An angel helps a compassionate but despairingly frustrated businessman by showing what life would have been like if he never existed. Starring James Stewart and Donna Reed.

Rating: PG-13

Running time: 130 min.

HOLIDAY LUNCHEON WITH THE SILVER FOXES

Friday, December 16
12:00-1:30pm
OASIS Evelyn Hart Event Center



Tickets are limited and are available for a \$5 donation in the Admin. Office until December 9.

Enjoy a holiday lunch with the return of the Silver Foxes as they share a timeless holiday performance in big band fashion.

BIG BAND MUSIC SEMINAR

Friday, December 9 1:00-2:30pm
OASIS Evelyn Hart Event Center A
\$1 tickets on sale now in the Admin. Office

Ken Jensen, former Big Band musician, will take you on a nostalgic visit to the great music and artists of the Big Band Era.

December topic: In December, join us for a Happy Holidays special with performances by Louis Armstrong, Glenn Miller, Tex Beneke, Duke Ellington, Mel Torme, Jon Christy, the USAF Airmen of Note and more.

The next Big Band Seminar will be Friday, January 27 at 1:00pm.

SAVE THE DATE! WINE AND CHEESE

Wednesday, January 18
3:30-5:00pm
OASIS Evelyn Hart Event Center
\$5 tickets on sale December 1 in the Admin. Office.



INTRODUCTION TO DIGITAL PHOTOGRAPHY

Presenter: Bill Fletcher
Monday, December 5
3:00-5:00pm
OASIS Room 1
Please RSVP to (949) 644-3244



Not to be confused with the small workshop Bill offered in October, this program was offered in June and we had many requests to offer it again. Learn the basic features and controls of all digital cameras and the correct settings to produce good photos. Bill will show you how to read a histogram to tell if the photo is properly exposed and what changes to make to improve the photo. He will cover the unique characteristics of different shooting situations such as landscapes, portraits, wildlife, sports action, low light, backlight subjects, sunsets, etc. and how to take good photos under these various conditions. He will also cover when and how to use a flash and the use of fill flash to improve portraits.

HOLIDAY PARTY...FRENCH STYLE!

Monday, December 19
10:00am-12:00noon
OASIS Room 1

Tickets \$15, on sale now in the Admin. Office. Kids under 10 can come in free. Bring your grandkids!!!



Come help us celebrate a holiday party with your friends at OASIS. This party is open to everyone. The French Café class teacher is hosting it and would love to see you all there! Une fete you don't want to miss!

A variety of french cheeses, bread baskets, assorted quiches, crepes and much more will be served! Enjoy French music and singing. Gift baskets and prizes will be raffled out for lucky winners.

Call Sabine, the French Café teacher, for any questions or details (949) 463-4630. Hope to see you all there. A bientot.

Special Services and Programs

SHINGLES SHOT CLINIC

Wednesday, December 7

9:00-12:00noon

Call (949) 644-3244 for an appointment

Hosted by



Cost varies depending on individual insurance coverage. Rite Aid accepts most insurance plans.

UCI LECTURE: MEMORY LOSS AND AGING

Dr. Aimee Pierce, UC Irvine Neurologist



Wednesday, December 14

10:00am

OASIS Room 1

Reservations are not required for this free presentation.

Some forgetfulness is often considered a normal part of aging. If you temporarily forget a neighbor's name or don't remember where you put your checkbook or the car keys, these are probably normal. But how can you distinguish between age-related forgetfulness and the signs of something more serious like the memory loss and confusion associated with Alzheimer's Disease or other forms of dementia? Dr. Aimee Pierce will discuss the idea of memory loss and aging and provide tips on keeping your brain fit and memory sharp. She will also provide information on the diagnostic techniques and assessments used to evaluate patients with memory loss.

Dr. Pierce is a board certified neurologist with a focus in memory disorders and dementia. Her office is located at UC Irvine Medical Center in Orange.

SPARK OF LOVE TOY DRIVE

The Newport Beach Fire Department is once again participating in the "Spark of Love" toy drive campaign, which will run through December 24. All local fire stations throughout Newport Beach and Lifeguard headquarters serve as drop-off sites for the public to bring new, unwrapped toys or sports equipment. For more information about the program, please call (949) 644-3104.



MUSIC TO MAKE YOU LAUGH



Wednesday December 21

1:00-2:00pm

OASIS Evelyn Hart Event Center

Join us for a FREE piano concert featuring Ragtime, Classical, and Jazz, plus musical jokes by

Mendelssohn, Beethoven and Mozart.

Jeffrey Briar, pianist/composer, is a graduate of the University of California and a world-renowned teacher of therapeutic laughter. His musical experience includes decades accompanying silent movies, melodramas, operas and Broadway shows. Join Mr. Briar on a variety-packed adventure into the ability of sound to evoke laughter.

This concert is a preview for a new class series starting in January -- Laughter Yoga. See page 8 for class details.



The holidays are here; let's think about the reason for the season and how we can spread the spirit of the holidays to those less fortunate.

Donations for the holiday programs will be accepted until December 15.

Homebound Seniors Outreach

We like to remember our homebound seniors during the holidays. If you know someone who can't get to OASIS and could use a little holiday cheer, we would be happy to stop by with a special gift. If you would like to donate to the homebound outreach gift program please see Vicki in the Administration Office.

Canned Food Drive

Canned and nonperishable food items will be collected for SOS (Share Our Selves). Donation boxes will be available for your donations in the OASIS Lobby.

Handmade Lap Robes

We have been collecting handmade lap robes to be distributed to local nursing homes and to homebound seniors during the holidays. If you have a new lap robe to donate or know of someone who would enjoy receiving one, please call Vicki at (949) 718-1821.

HOAG HOSPITAL MEDICAL LECTURE: REFLUX AND ESOPHAGEAL CANCER

Wednesday, January 4
1:00pm

OASIS Evelyn Hart Event Center

To register call (800) 514-4624 or go to www.hoag.org



Join John Lipham, M.D., an expert in benign and malignant diseases of the esophagus and stomach, for an in-depth discussion on GERD (gastroesophageal disease) and the prevalence of cancer when left untreated.

WHAT IS FAIR HOUSING?

Presented by the Fair Housing Foundation

Wednesday, January 11

10:00am-11:30am

OASIS Room 1

RSVPs are requested (949) 644-3244

The following topics will be addressed and there will be time for questions.

- Who to contact when you have a question regarding your housing rights or you feel you are suffering discrimination
- What services are provided by Fair Housing Foundation
- Security Deposits
- Repairs
- Rent Increases
- Landlord/Tenant Issues

Join us and get some of your questions answered.



NAVIGATING LIFE'S TRANSITIONS

Presented by Katie Zeoli from Alzheimer's Family Services

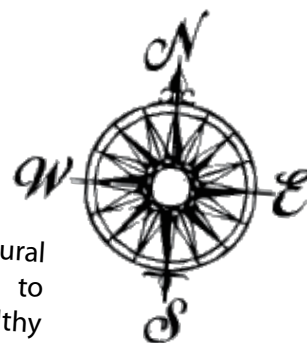
Wednesday, January 18

10:00-11:30am

OASIS Room 1

RSVPs are appreciated

(949) 644-3244



Come to understand the natural transitions of life and how to process stress for a healthy outcome. Experience stress reducing exercises and a message of hope for the future.

Experiencing low vision? Know someone who is?

LOW VISION SUPPORT GROUP

Facilitated by a peer support team leader from Braille Institute, Orange County

January 20 (every third Friday)

10:00-11:30am

OASIS Room 4

RSVP requested (949) 644-3244



This is a group for people experiencing difficulty in daily living due to sight loss. The content of the discussion will be based on participants' needs, which may cover a variety of topics such as getting around town, low vision devices, family awareness, and staying connected.

VOLUNTEERS NEEDED FOR TAX ASSISTANCE

The AARP-Tax Aide Program is currently looking for volunteers to be trained as tax counselors for the forthcoming tax season. Volunteers usually work four hours per week for 10 weeks (from February 1 to April 15). They will prepare federal and state income tax returns for middle and low income tax payers with special attention to those aged 60 and older.

If you have the time, are comfortable with personal tax matters, have above average computer skills and would enjoy being part of a great team, this may be just the challenge you've been looking for. If interested, leave your name and number with Vicki Chin, (949) 718-1821



Adult Public Health Nursing Service Brown Bag Day

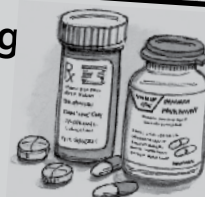
Monday, January 23

9:00am – 12:00noon

Please call (949) 644-3244 for an appointment

Please bring in all prescription, over-the-counter, plus any vitamins/mineral supplements you are currently taking. Your nurse, Marilyn Geller and County of Orange, Health Care Agency, Pharmacist Bill Liu will answer your questions about:

- Your prescription medications
- Your over-the-counter medications
- Vitamin and mineral supplements



Registration Information

You may register for these classes in four easy ways; see page 38 for details. Minimum number of participants required or class may be cancelled. Class fee will NOT be pro-rated and a \$5 or \$10 non-resident fee will apply.

Registration for all classes listed is currently underway. Classes do fill up. Early registration is recommended.

Fitness

GENERAL FITNESS

NEW! Laughter Yoga \$45/4 classes

Instructor: Jeffrey Briar

JBriar@LYInstitute.org

Discover the Laughter-as-Exercise system that is sweeping the planet! Laughter Yoga includes simple breathing exercises, easy stretches, and therapeutic laughter (without the need for jokes or comedy). You don't need to feel good first: Laugh first! The good feelings naturally follow. For all levels (laughter exercises can be performed while seated).

- **Free demo classes (registration is required):**
Thursday, December 22, 6:00-7:00pm. Use #671911.
Thursday, January 5, 6:00-7:00pm. Use #671912.
Thursday, February 9, 6:00-7:00pm. Use #671913.
- **Join instructor Jeffrey Briar at a FREE special event: "Music to Make you Laugh." See page 6 for more details.**

Class #	Dates	Day	Time	Room
671914	1/12-2/2	Th	6:00-7:00pm	1
671915	2/16-3/8	Th	6:00-7:00pm	1
671916	*3/15-4/12	Th	6:00-7:00pm	1

*No class 3/22

Energy Exercise \$48/6 classes

Instructor: Minxiu (Herida) Wu

herbs688@yahoo.com

In this special class, you will learn about your body's relationship to the natural world through slow gentle exercise movements and quiet relaxation. You will discover that exercise can create energy, wellness and new possibilities for a happy, healthy life.

Class #	Dates	Day	Time	Room
671311	1/11-2/15	W	10:30-11:30am	Dance
671312	2/22-3/28	W	10:30-11:30am	Dance

MELT Method \$50/4 classes

Instructor: Yvette Casal

714-520-1427

LEVEL 1

Improve whole body balance, eliminate tension in your spine and instantly feel better. Learn how to self-treat your body with the MELT Method. In this course, you will gain the tools to help you maintain a pain-free active lifestyle.

- **Free demo class Monday, January 9, 1:00-2:00pm. Use registration #672511.**

Class #	Dates	Day	Time	Room
672512	1/23-2/13	M	1:00-2:00pm	Dance
672513	2/27-3/19	M	1:00-2:00pm	Dance

LEVEL 2

This MELT class is designed for the active senior who has previous experience with the MELT Method. Enjoy a different MELT Map every week and further your understanding of how this self treatment can assist your overall health and longevity.

Class #	Dates	Day	Time	Room
672514	2/27-3/19	M	2:15-3:15pm	Dance

Longevity Stick Free

These easy to learn, gentle movements promote physical fitness and mental relaxation. Please bring a one inch round (in diameter) wood stick that has a length equivalent to your body height. Most hardware stores carry wood sticks. Visit www.longevitystick.com to learn more about this wonderful form of exercise.

Registration	Dates	Day	Time	Location
Not Required	Ongoing	Tu	9:30-10:30am	Grant Howald Park

Physical Training \$35/10 classes

Instructor: Judy Aprile

jjjaprile@yahoo.com

This light aerobics class targets cardiovascular conditioning, strength and flexibility. Activities are performed standing, moving and lying on the floor. Please bring exercise mat and hand towel.

Class #	Dates	Day	Time	Room
670111	*1/9-2/1	MWF	8:00-9:00am	Event Center
670112	*2/6-2/29	MWF	8:00-9:00am	Event Center
670113	3/5-3/26	MWF	8:00-9:00am	Event Center

*No class 1/16, 2/20

**Rosen Method Movement****\$60/6 classes**

Instructor: Carlos Messerschmidt

949-413-1567

Rosen Method Movement creates the experience of relaxation and well-being in action. You will find new vitality, joy and ease in your body. Set to music, these gentle, unhurried movements encourage natural breathing, improve alignment and flexibility and deepen self awareness. This movement is fun and easy! Please bring a mat and a blanket.

- Free demo classes (registration is required):**

Tuesday, December 6, 1:00-2:00pm. Use #672343.

Tuesday, December 13, 1:00-2:00pm. Use #672344.

Tuesday, December 20, 1:00-2:00pm. Use #672345.

Class #	Dates	Day	Time	Room
672311	1/17-2/21	Tu	1:00-2:00pm	Dance
672312	3/6-4/10	Tu	1:00-2:00pm	Dance

Strength Training**See below for fees**

Instructor: Keith Glassman

doelane@yahoo.com

Using bands and light hand weights, this class helps maintain or improve bone density as it tones, strengthens and stretches muscles throughout the body. Bring a mat.

Class #	Dates	Day	Time	Room
\$33/4 classes				
670247	12/13-12/22	Tu/Th	8:00-9:00am	Event Center
\$35/4 classes				
670211	1/5-1/17	Tu/Th	8:00-9:00am	Event Center
670212	1/19-1/31	Tu/Th	8:00-9:00am	Event Center
670213	2/2-2/14	Tu/Th	8:00-9:00am	Event Center
670214	2/16-2/28	Tu/Th	8:00-9:00am	Event Center
670215	3/6-3/15	Tu/Th	8:00-9:00am	Event Center
670216	3/20-3/29	Tu/Th	8:00-9:00am	Event Center
\$65/8 classes				
670215	1/5-1/31	Tu/Th	8:00-9:00am	Event Center
670216	2/2-2/28	Tu/Th	8:00-9:00am	Event Center
670217	3/6-3/29	Tu/Th	8:00-9:00am	Event Center

Zumba Gold Dance Fitness**See below for fees**

Instructor: CS Dance Factory Staff

949-230-5934

Zumba is the hottest dance fitness party! It fuses hypnotic Latin and Intl. dance steps of Salsa, Merengue, Cumbia, Cha Cha, etc. Simple for any fitness level. Step-by-step instruction given. Invigorating Latin music and motivating instructors will uplift and energize you. You'll have a blast while getting a great workout!

- **Free class showcasing all 3 styles Friday, January 13, 9:00-9:45am. Use registration #680814.**
- **NO CLASS DATES FOR ALL ZUMBA GOLD DANCE FITNESS CLASSES ARE LOCATED AT THE BOTTOM OF THIS COLUMN.**

BEGINNING LEVEL ZUMBA GOLD (\$40/5 classes)

Class #	Dates	Day	Time	Room
670311	*1/9-2/13	M	9:00-10:00am	Dance
670312	1/18-2/15	W	9:00-10:00am	Dance
670313	2/27-3/26	M	9:00-10:00am	Dance
670314	2/29-3/28	W	9:00-10:00am	Dance

INTERMEDIATE LEVEL ZUMBA GOLD (\$45/5 classes)

Get ready to intensify your Zumba Gold dancing and take it to the next level! Still low-impact and easy to follow, you'll dance to faster beats of Salsa, Cha-Cha, Merengue, etc to get maximum benefits. Invigorating Latin music and motivating instructors energize you to pick up the pace and dance your heart out. You'll never want the party to end!

Class #	Dates	Day	Time	Room
670411	1/10-2/7	Tu	5:30-6:30pm	Dance
670412	1/19-2/16	Th	9:00-10:00am	Dance
670413	1/19-2/16	Th	5:00-6:00pm	Dance
670414	2/28-3/27	Tu	5:30-6:30pm	Dance
670415	3/1-3/29	Th	9:00-10:00am	Dance
670416	3/1-3/29	Th	5:00-6:00pm	Dance

ZUMBA GOLD TONING (\$45/5 classes)

The Zumba Gold Toning program offers the best of both worlds: the exhilarating experience of a Zumba Fitness Party with the benefits of safe-and-effective strength training. It's an easy-to-follow, health-boosting, dance-fitness program for Baby Boomers as well as beginners. Through dynamic lightweight resistance training and exciting international rhythms, Zumba Gold Toning classes help participants build muscle strength, increase bone density, and improve mobility, posture and coordination. Bring a mat and a towel. Light weights optional.

Class #	Dates	Day	Time	Room
670511	1/20-2/17	F	9:00-10:00am	Dance
670512	3/2-3/30	F	9:00-10:00am	Dance

UNLIMITED ZUMBA OPTIONS (See above for class days and times)

Unlimited includes all Beg., Int. & Toning classes, make-ups built in

670611	*1/9-2/17	\$85 (1st half of Winter season)
670612	2/27-3/30	\$85 (2nd half of Winter season)
670613	*1/9-3/30	\$165 (Entire Winter season)

NO CLASS DATES FOR ALL ZUMBA GOLD CLASSES

1/11-1/13, 1/16, 2/20-2/24

Classes & Activities

Tai Chi

\$45/9 classes

Instructor: Diana Wong

dianawong2001@yahoo.com

Being one of the most effective, widely practiced body and mind exercises in the world, the continuous circular, gentle movements of Tai Chi create a powerful flow of energy that will enhance physical health and cultivate tranquility and harmony in your mind. This class provides step by step instruction for Tai Chi Qigong 18 movements. For clarification on style, please email the instructor. Please wear comfortable clothing and low flat-soled shoes (NO denim and NO flip flops).

Class #	Dates	Day	Time	Room
671511	1/5-3/1	Th	9:30-10:30am	Event Center

To register for Tai Chi AND Tai Chi Staff (\$75), use registration # 671811

Tai Chi Staff/Cane

\$55/9 classes

Instructor: Diana Wong

dianawong2001@yahoo.com

This class uses a staff or a cane to introduce the eleven movements of a Tai Chi form. The low impact movement of basic Tai Chi steps will help improve one's strength, timing, sense of space, and balance. Appropriate for adults of all ages. Please wear comfortable clothing and low flat-soled shoes (NO denim and NO flip flops).

- A wooden staff about four feet high or a folding adjustable cane with a straight/flat handle is used. (Please contact instructor early to order the cane).

Class #	Dates	Day	Time	Room
671411	1/5-3/1	Th	10:45-11:45am	Event Center

To register for Tai Chi AND Tai Chi Staff (\$75), use registration # 671811

BALANCE & CHAIR FITNESS

Chair Exercise

\$26/7 classes

Instructor: Judy Aprile

jijapril@yahoo.com

Build upper and lower body strength; increase flexibility; improve postural alignment and coordination. All exercises are performed seated.

Class #	Dates	Day	Time	Room
671211	*1/9-2/1	MW	9:30-10:30am	Event Center
671212	*2/6-2/29	MW	9:30-10:30am	Event Center
671213	3/5-3/26	MW	9:30-10:30am	Event Center

*No class 1/16, 2/20

*Functional Fitness

Free

Instructor: Judy Aprile

jijapril@yahoo.com

This Coastline College Special Programs class is for older adults with a verifiable medical diagnosis, who would benefit from adaptive strength and flexibility exercises. Activities are performed seated and standing (based on individual ability).

- Students must have a verifiable physical disability.
- Registration through Coastline College is required. Please call Coastline at (714) 241-6214 for Coastline registration form.

Registration	Dates	Day	Time	Room
See above	1/30-5/21	M	11:00am-12:30pm	2

Chair Zumba

\$20/5 classes

Instructor: CS Dance Factory

949-230-5934

Chair Zumba exercise has simple, easy movements to increase strength and flexibility in your arms, legs and core muscles. Enjoy listening to fun Latin music and have a joyful time moving with our uplifting instructor. Stimulate your brain when you learn some basic Latin rhythms and simple steps that can be done in the chair. All exercises are performed seated. Great for injury recovery too.

- Free demo class Friday, January 13, 10:15-11:00am. Come try it out for yourself and see what the buzz is all about! Use registration #671010.**

Class #	Dates	Day	Time	Room
671011	1/20-2/17	F	10:15-11:00am	1A
671012	3/2-3/30	F	10:15-11:00am	1A

FallProof®

\$165/16 classes

Instructor: Danielle Hernandez

626-297-5938

This class is a structured and progressive program designed to improve balance and reduce fall risk. Developed and researched at CSU Fullerton Center for Successful Aging, the FallProof® program has been proven to reduce the risk of falling in participants who've completed one or more rotations of the program.

- All students are required to complete of a 30-minute balance assessment in order to obtain a permission slip to register. The instructor will assign each student into one of the below classes based on the results of the balance assessment. In order to schedule a balance assessment, please call instructor Danielle Hernandez at (626) 297-5938.**
- Candidates for this program must be able to safely walk a distance of 200 feet without the use of any assistive device (cane or walker).
- This program is not appropriate for people with memory loss or cognitive impairment that is likely to adversely impact judgment and/or decision-making abilities.

Class #	Dates	Day	Time	Room
672111	*1/26-3/8	M/Th	12:15-1:15pm	1
672212	*1/26-3/8	M/Th	1:30-2:30pm	1

*No class 2/20

FLEXIBILITY & YOGA

Neck, Back and Shoulders Mat Pilates

See below for fees

Instructor: Kathryn Rollins

plumblines@hotmail.com

Come and try this gentle Pilates class, which is designed with the less mobile body in mind. Gain flexibility, strength and also get informed about your body. Taught by a nurse who is also a Certified Pilates Instructor. Just bring a mat and come ready to enjoy the class.

Class #	Dates	Day	Time	Room
\$38/3 classes				
672842	12/6-12/20	Tu	11:15-12:15pm	Dance
\$84/6 classes				
672811	1/10-2/14	Tu	11:15-12:15pm	Dance
672812	2/28-4/3	Tu	11:15-12:15pm	Dance

Stretching & Relaxation

\$45/5 classes

Instructor: CS Dance Factory

949-230-5934

Prepare to stretch, relax, and refresh your body and mind, as well as increase flexibility, ease tension and improve mobility with this easy-to-follow, head-to-toe stretching class done on floor mats. You will sleep well and feel better! Bring an exercise mat and a towel.

Class #	Dates	Day	Time	Room
673511	1/19-2/16	Th	10:15-11:00am	Dance
673512	3/1-3/29	Th	10:15-11:00am	Dance

Pilates

See below for fees

Instructor: Kathryn Rollins

plumblines@hotmail.com

Designed with flexibility and strength in mind these gentle Pilates classes are also a great way to get informed about your body. Taught by a nurse who is also a Certified Pilates Instructor. All bodies are welcome. Just bring a mat and come ready to enjoy the class.

Class #	Dates	Day	Time	Room
Beginning (\$38/3 classes)				
673042	12/6-12/20	Tu	8:45-9:45am	Dance
673142	12/7-12/21	W	5:30-6:30pm	Dance
Beginning (\$84/6 classes)				
673011	1/10-2/14	Tu	8:45-9:45am	Dance
673111	1/11-2/15	W	5:30-6:30pm	Dance
673012	2/28-4/3	Tu	8:45-9:45am	Dance
673112	2/29-4/4	W	5:30-6:30pm	Dance
Beginning/Intermediate (\$38/3 classes)				
673242	12/8-12/22	Th	11:30-12:30pm	Dance
Beginning/Intermediate (\$84/6 classes)				
673211	1/12-2/16	Th	11:30-12:30pm	Dance
673212	3/1-4/5	Th	11:30-12:30pm	Dance
Intermediate (\$38/3 classes)				
673342	12/6-12/20	Tu	10:00-11:00am	Dance
Intermediate (\$84/6 classes)				
673311	1/10-2/14	Tu	10:00-11:00am	Dance
673312	2/28-4/3	Tu	10:00-11:00am	Dance
DROP IN (NO REFUNDS) (\$18/1 class)				
672911	See above for class dates, days and times			

Iyengar Yoga

See below for fees

Instructor: Carolyn Matsuda

714-526-2998

Basic standing, seated, back bending, upside down and resting poses will be taught. Emphasis will be placed on alignment and precise actions. Props will be used as needed. You will gain strength, flexibility and peace of mind. Instructor is Iyengar Yoga certified.

- Interested parties may attend the first class of the session for free.
- Bring a sticky mat and 3 firm blankets. Students generally spend about \$45-\$60 on these items. More details will be given the first day of class.

Class #	Dates	Day	Time	Room
\$65/ 6 classes				
673911	*1/9-2/27	M	10:00-11:15am	1
674011	1/12-2/16	Th	10:00-11:15am	1
673912	3/5-4/9	M	10:00-11:15am	1
674012	3/8-4/12	Th	10:00-11:15am	1
\$115/12 classes				
674111	*1/9-2/27	M/Th	10:00-11:15am	1
674112	3/5-4/12	M/Th	10:00-11:15am	1

*No class 1/16, 2/20, 2/23

Intermediate Hatha Yoga

\$155/11 classes

Instructor: Leslie Taylor, M.A.

www.dynamicworkshops.com

Yoga your way to a calmer and more peaceful life! Are you stressed out? Do you need more balance in your life? Yoga can provide you with immediate results! Here are just a few benefits yoga can offer you: balance, harmony, healing, strength, stamina, flexibility, clarity and focus. Yoga is easy and fun for everyone and can gently help accomplish your individual health and well being goals. Don't miss this great opportunity; you will love your results! Bring a mat, a large and small towel, yoga straps and blocks, if you have them.

Class #	Dates	Day	Time	Room
674211	1/17-3/27	Tu	6:30-7:30pm	Event Center

Yoga Blend

\$68/4 classes

Instructor: Sandy Farr

949-786-0736 or healthwave@cox.net

If you have done yoga in the past and miss it, if you used to be active or athletic but life took you away, if career or illness interrupted your life, this program will get you back on track. Regain your strength, flexibility, coordination, sense of self and zest for life. Prepare for fun while increasing your health. No food two hours prior to class. Bring mat, two blankets and a smile!

Class #	Dates	Day	Time	Room
Gentle pace				
674511	1/4-1/25	W	2:00-3:15pm	Dance
674512	1/6-1/27	F	2:00-3:30pm	Dance
674513	2/1-2/22	W	2:00-3:15pm	Dance
674514	2/3-2/24	F	2:00-3:30pm	Dance
674515	2/29-3/21	W	2:00-3:15pm	Dance
674516	3/2-3/23	F	2:00-3:30pm	Dance
Regular pace				
674611	1/4-1/25	W	3:30-5:00pm	Dance
674612	*1/9-2/6	M	5:00-6:15pm	Dance
674613	*1/9-2/6	M	6:15-7:30pm	Dance
674614	2/1-2/22	W	3:30-5:00pm	Dance
674615	*2/13-3/12	M	5:00-6:15pm	Dance
674616	*2/13-3/12	M	6:15-7:30pm	Dance
674617	2/29-3/21	W	3:30-5:00pm	Dance

Attend class 2 times/week (\$120/8 classes)

674711	1/4-1/27	See above for class days and times
674712	1/30-2/24	See above for class days and times
674713	2/27-3/23	See above for class days and times

Attend class 3 times/week (\$175/12 classes)

674811	1/4-1/27	See above for class days and times
674812	1/30-2/24	See above for class days and times
674813	2/27-3/23	See above for class days and times

DROP IN (NO REFUNDS) (\$25/1 class)

674911 See above for class dates, days and times

*No class 1/16, 2/20



OUTDOOR FITNESS

Golf See below for fees

Leader: Bill Boulos 949-759-4921 vboulos@pobox.com

Group plays at three different courses. Reservations are required!

- Mon: Costa Mesa-Los Lagos, \$33, long & challenging, par 72.
- Wed: Fountain Valley- Mile Square Classic Course, \$35 + \$45 annual senior card, long & challenging.
- Fri: Fountain Valley-Mile Square Players Course \$35 + \$45 annual senior card, long & challenging.
- Cart fees vary- average cost is \$12 per person.

Registration	Dates	Day	Time	Location
RSVP Required	Ongoing	MWF	Check-in times vary	See above

Sailing

Enjoy sailing on our Catalina 34, the newest member of the OASIS Sailing Club's fleet, or aboard our Hunter 326. Both offer Sailing Club members an opportunity to be at the helm, trim the sails, and relax and have fun during day sailing trips in the blue Pacific. Day sailings are scheduled at the monthly meeting. After the meeting, members set up sailing dates by contacting the Skipper shown on the schedule, (available online, Google "OASIS Sailing Club"). Call Skipper Bob Gaido at 949-651-1603 for membership details.

Registration	Dates	Day	Time	Room
Not Required	12/21	W	1:30-3:30pm	1

Trail Trekkies See page 6 for details

Music & Dancing

Ballet \$78/10 classes

Instructor: Michelle Zehnder Caumiant mz.zehnder@att.net

Come and join us in learning the graceful beautiful movements of ballet. We will work on strength, flexibility, coordination, and balance through this time tested successful form of dance. It is a chance to express and share your creative side through non-stressful movements in a relaxed and supportive classroom environment. Please wear comfortable clothing and shoes. Ballet shoes are best.

Class #	Dates	Day	Time	Room
622111	1/18-3/21	W	12:30-1:30pm	Dance
622112	1/21-3/24	Sa	12:30-1:30pm	Dance

NEW! START FROM THE VERY BEGINNING -- BEGINNERS BALLET

The pace will be slower but it will still be a wonderful experience. You will learn beautiful movement while improving balance, coordination, flexibility, proper body alignment and grace for everyday life. Athletic or dancewear with ballet slippers or soft shoes.

Class #	Dates	Day	Time	Room
622113	1/20-3/23	F	11:30-12:20pm	Dance

Ballroom Dancing

\$60/4 classes

Instructor: Pat Baron

949-690-1753

BEGINNER BALLROOM BASICS (for very active adults of all ages)

Have you ever wanted to get up and dance at parties, business functions, special occasions and social gatherings? Would you like to be able to dance a few patterns while leading or following your partner with confidence? Come join us for a series which focuses on Ballroom basic skills, starting with Fox Trot and progressing to Waltz and slow Rumba. Dances rotate each month with new material being introduced as the group progresses.

Class #	Dates	Day	Time	Room
620311	1/5-1/26	Th	6:30-7:30pm	Dance
620312	2/2-2/23	Th	6:30-7:30pm	Dance
620313	3/1-3/22	Th	6:30-7:30pm	Dance

BALLROOM DANCE INT/ADV (experienced dancers only)

Are you ready to build on your repertoire, improve your technique and rise to the next level? This is a stimulating, progressive series which will introduce you to new patterns while improving and elevating your overall dancing skills.

Class #	Dates	Day	Time	Room
620411	1/5-1/26	Th	7:30-8:30pm	Dance
620412	2/2-2/23	Th	7:30-8:30pm	Dance
620413	3/1-3/22	Th	7:30-8:30pm	Dance

NOTES FOR BOTH LEVELS OF BALLROOM DANCE

Singles and couples are welcome but remember -- Ballroom dancing is a partner activity. Ladies, please try to sign up with a partner to maintain balanced gender ratio! Partner rotation is implemented in all classes. Appropriate shoes are required. Very active adults of all ages only, please.

Hula

Free

Instructor: Marianne Ripley

949-642-8737

Learn this beautiful, expressive dance.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	11:00-12:00noon	Dance

Jazz Dancing- Beginning

\$78/10 classes

Instructor: Michelle Zehnder Caumiant

mz.zehnder@att.net

Both men and women, come and join this class and have fun while improving strength, stamina, flexibility, balance and coordination. We will be listening to a variety of music that inspires you to get up and move. Whether it's Broadway, movies, or television, past or present, this style of dance has a lot of diversity and is a blast. No experience necessary. Bring a "let's get busy with invigorating dance moves" attitude.

- Please wear jazz shoes or tennis shoes.

Class #	Dates	Day	Time	Room
622311	1/20-3/23	F	12:30-1:30pm	Dance

Enrichment



Line Dancing \$60/10 classes

Instructor: Suzy Hazard 714-437-1419

Learn new dances and old favorites while improving your fitness level.

Class #	Dates	Day	Time	Room
Intro/Beginner				
621011	1/12-3/15	Th	1:00-1:55pm	Dance
Beginner/Intermediate				
621211	1/12-3/15	Th	2:00-2:55pm	Dance
Intermediate				
621311	1/12-3/15	Th	3:00-4:00pm	Dance

OASIS Sing Along Free

Instructor: Nancy Johnson

Join a group of music aficionados who love to sing together, harmonize and learn new tunes. Join in and sing with us!

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	1:00-3:00pm	Event Center

Sing & Pick Hootenanny Group Free

Instructor: Mac MacAdam mnmacadam@sbcglobal.net 949-644-5552

Join in fun singing and playing of American folk, bluegrass, country, blues and jazz songs. Accompany yourself with your acoustic guitar or dobro (non amplified), using basic chords. Beginners to advanced folks are welcome as are banjo, mandolin, fiddle, or washtub bass (gut bucket) players. Regular attendance not required. Come when you can!

- Please call or email Mac (contact info listed above) to RSVP.

Registration	Dates	Day	Time	Room
RSVP Required	Ongoing	F	1:00-3:00pm	5

Ukulele Free

Instructor: Tony Cappa 949-492-1700

This group meets weekly to practice and play together.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	1:00-3:00pm	Event Center

Ukulele Workout Free

Instructor: Maryann Ripley 949-642-8737

Have fun playing the ukulele and singing as a group. Learn new songs and chords. Everyone is welcome - beginner to advanced.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu	10:00-11:30am	Event Center A

AARP Driver Safety

OASIS does not currently offer AARP's Driver Safety Program. To find a site near you, visit www.aarp.org and search for "Driver Safety Program" or call 888-227-7669. You may also take the course online at www.aarpdriversafety.org.

Informal Book Group Free

Leader: Phyllis Scheffler

Do you enjoy reading? Are you on the lookout for your next good read? Enjoy sharing and discussing a variety of stimulating books in a relaxed setting on the first Wednesday of each month. The group focuses on a different subject each month.

- Bring a holiday book, fiction or non-fiction to share at the December meeting.

Registration	Dates	Day	Time	Location
Not Required	12/7	W	10:00-11:30am	5

Book Discussion Group Free

Leader: Charlie Alexander

This book group meets every 2nd Wednesday of the month. Read the book and join them for discussion.

December title: *Lying Awake* by Mark Salzman

This group meets at the Newport Beach Central Library located at 1000 Avocado Avenue, Newport Beach.

Registration	Dates	Day	Time	Location
Not Required	12/14	W	9:00-10:00am	See above

Creative Healthy Cooking

See below for fees

Instructor: Susan Miller

healthyone5@aol.com

Course 684911: Cooking Healthy for Dummies! Eating is a necessity! So cooking shouldn't be difficult! After cooking so many years for a living, I often go home and wonder what I am going to cook for dinner. Sometimes it's hard to come up with something new, healthy and exciting for myself as well as my family. If you have the same problem or have any other reasons why it's challenging, this course is for you! Everyone can learn something new!

Course 684912: Back to the Basics with Healthy, Delicious & Fast Comfort Food. Fabulous flavors from simple ingredients! When I talk about getting back to the basics, I don't mean simple mac and cheese or mashed potatoes or roast chicken. Although, there's nothing wrong with any of these favorites, if you fire them up with some imagination, you can make them healthier and more flavorful! Find your great recipes and bring them in. We'll re-make them into healthier versions!

Registration	Dates	Day	Time	Room
	2/7-2/28	Tu	2:00-4:00pm	Event Center C
	3/6-3/27	Tu	2:00-4:00pm	Event Center C

\$75/4 classes, plus \$20 material fee payable to instructor on first day of class.

684911 2/7-2/28 Tu 2:00-4:00pm Event Center C
684912 3/6-3/27 Tu 2:00-4:00pm Event Center C

Sign up for both classes and save!

\$125/8 classes, plus \$40 material fee payable to instructor on first day of class.

*684913 2/7-3/27 Tu 2:00-4:00pm Event Center C

*Course 684913 includes enrollment in both 684911 and 684912 courses



Current Affairs Discussion (Daytime) Free

Facilitator: Ginger Hayter 949-813-0377

This group meets on the 3rd Thursday of the month to discuss changes taking place in the world and in our country's foreign relations. This group will not meet in December.

Registration	Dates	Day	Time	Room
Not Required	1/19	Th	1:00-3:00pm	Library

Current Events Discussion (Evening) Free

Facilitator: Ginger Hayter 949-813-0377

Join this group to openly discuss current events in a friendly setting. Topics will include news, magazines, and movies. Participants are asked to bring an article to share with the group. From time to time, a speaker may speak on a special topic.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	6:00-7:30pm	Library

History of Orange County See below for fees

Instructor: Diane Ryan dianeryan2010@yahoo.com

Come learn about Orange County history, including such topics as the early occupants of this territory, Spanish & Mexican influences and the development of some of our cities. There will be some new topics for those who have already taken this class. There will be a field trip to a local historic site. Come join this interesting & stimulating class & learn more about local history.

Class #	Dates	Day	Time	Room
\$50/6 classes, plus \$2 material fee payable to instructor on first day of class.				
684011	1/26-3/1	Th	1:30-3:30pm	2B

Legacy Letter \$75/5 classes

Facilitator: Bertel Mahoney

949-496-7289

What do you want your loved ones to know and understand about you? A legacy letter is a wonderful way to document the richness of your life—your values, beliefs, life lessons, blessings and hopes—for future generations. This class will give you the inspiration and the tools you need. Your legacy letter might be the most cherished gift you will ever give to those you love.

Class #	Dates	Day	Time	Room
684711	1/10-2/7	Tu	1:00-3:00pm	4
684712	2/21-3/20	Tu	10:00-12:00noon	4

Memoir: Writing Your Life Stories \$95/6 classes

Instructor: Bertel Mahoney

949-496-7289

Everyone has stories to tell. A memoir is the story or stories of a life as told by the person living it. During this workshop, participants will learn about the qualities of good memoir writing; read and discuss published memoirs; and write in response to a variety of prompts. This class will help participants recognize their stories and begin to discover a personal writing voice, style and purpose.

Class #	Dates	Day	Time	Room
684811	1/10-2/14	Tu	10:00-12:00noon	4
684812	2/21-3/27	Tu	1:00-3:00pm	4

Women Connecting Free

Leader: Marily Kavanaugh

Are you interested in getting together with a group of like-minded women who are willing to share their life lessons? Discussion focuses on aging with grace and laughter.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	2:00-3:30pm	3

Writing Roundtable Group Free

Facilitator: Gordon Anderson

gordolizy@aol.com

The group is designed to improve writing skills by presenting a reading then receiving critiques. Attendees are requested to bring prepared material, double spaced, with a copy for each attendee. Content may include a short story, a personal essay, a magazine article, poem or a book excerpt. Depending upon attendance, each reading and critique is not to exceed nine minutes. Contact Gordon Anderson at gordolizy@aol.com prior to each meeting, indicating a desire to be a presenter.

Registration	Dates	Day	Time	Room
RSVP required	Ongoing	W	1:00-2:30pm	5

World Discovery \$25/5 classes

Instructor: June Briggs

Come for an overview of geography, current affairs and world events. Travelogue includes slide presentations, video and discussion of world destinations, cultures and customs.

Class #	Dates	Day	Time	Room
683611	1/11-2/8	W	10:00am-12:00noon	2A
683612	2/22-3/21	W	10:00am-12:00noon	2A

Foreign Language

NEW! Italian- Beginning \$75/5 classes

Instructor: Fausta Vitali fausta1@cox.net

You will learn the basics of the Italian language, some grammar but mostly lots of vocabulary to make travel to Italy more comfortable and fun! You will learn not only the language but also the customs and way of life in Italy. At the end of the five classes you will receive a CD that covers all the material you learned during the course.

- \$10 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
685311	1/19-2/16	Th	4:30-6:00pm	2B
685312	3/15-4/12	Th	4:30-6:00pm	2B

NEW! Italian- Strickly Conversational \$75/5 classes

Instructor: Fausta Vitali fausta1@cox.net

This class is for those who have been previously exposed to the Italian language and would like to practice it before it is forgotten. Whether you are comfortable with carrying on a satisfying conversation or you just want to refresh your skills, you will have the opportunity to do so in this class. Instructor will custom fit it to your needs while we have fun. Ciao e a presto!

Class #	Dates	Day	Time	Room
685411	1/19-2/16	Th	6:00-7:30pm	2B
685412	3/15-4/12	Th	6:00-7:30pm	2B

Adv. Studies in French Literature \$60/12 classes

Instructor: Danielle Wilson

This unique class is conducted exclusively in French. The literature will include classic and modern novels, short stories and poems. Classroom activities center on spontaneous discussion, prepared dialogues, reading aloud, dictations and grammar review as needed.

Class #	Dates	Day	Time	Room
685011	1/4-3/21	W	10:00am-12:00noon	2B

Advanced French Reading & Discussion \$60/12 classes

Instructor: Danielle Wilson

Exclusively in French, reading and discussion will be on a variety of topics. Spontaneous discussion will follow the reading of current articles and literary excerpts which contain useful vocabulary. A maximum of 10 students will permit each one an opportunity to speak often, practicing and improving his or her fluency in French.

Class #	Dates	Day	Time	Room
685111	1/5-3/22	Th	10:00am-12:00noon	2A

French Cafe Free

Instructor: Sabine Abourjeily 949-463-4630

Class will emphasize oral communication with an introduction to basic written expressions, development of reading and vocabulary skills. See page 5 for details about the class holiday party.

Registration	Dates	Day	Time	Room
Not required	Ongoing	M	10:00am-12:00noon	4

French- Intermediate

Free

Instructor: Joe Edberg

949-760-3167

Emphasis is on French conversation and reading.

Registration	Dates	Day	Time	Room
Not required	Ongoing	M	10:00am-12:00noon	5

German- Advanced

Free

Instructor: Antonia Burleigh

Emphasis is on grammar, conversation and translation for the advanced student.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	10:00am-12:00noon	4

Spanish- Basic

\$30/9 classes

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Introduction to pronunciation, basic grammar including genders and articles and basic conversation. Cost of materials to be announced.

Class #	Dates	Day	Time	Room
686111	*1/9-3/19	M	3:00-4:00pm	5

*No class 1/16, 2/20

Spanish- Intermediate

\$30/9 classes

Instructor: Nida Fernandez, Ph.D.

nidit@att.net

Intermediate students will learn to engage in conversation and reading, continue on basic grammar, pronunciation, expressions of social and travel experiences and the Spanish-Latin America culture. Cost of materials to be announced. **Students must possess a basic understanding of Spanish to participate in this class.**

Registration	Dates	Day	Time	Room
686211	*1/9-3/19	M	1:00-2:30pm	5

*No class 1/16, 2/20

Spanish- Advanced

Class is full

Instructor: Josephine Marzolino

714-545-3388

Focus is on reading (newspapers and magazines), translation and conversation. You must have good background in grammar, verb tenses and conjugation.

- Call instructor at (714) 545-3388 for further information and to be placed on the wait list.

Registration	Dates	Day	Time	Room
CLASS IS FULL	Ongoing	Th	1:00-3:00pm	5

International Spanish Book Club

Free

Leader: Nida Fernandez, Ph.D.

nidit@att.net

This book club meets on the first Wednesday of the month to discuss Spanish language books. If you are a book reader, native speaker, have mastered the Spanish language or have studied higher level Spanish classes, this is the group for you. Writings will be of literary form for discussion and sharing in Spanish.

December title: El Burlador de Sevilla, por Tirso de Molina.

Registration	Dates	Day	Time	Room
Not required	12/7	W	6:30-8:00pm	Library



Computer

Computer Friends

See below for fees

Leader: Harold Katz

949-675-3531

This networking group has a guest speaker each month. For more information visit our website. Go to www.friendsofoasis.org and click on Computer Friends. Admission \$2 per meeting or \$8 annual dues, \$12 per couple. **NO MEETING IN DECEMBER.**

Registration	Dates	Day	Time	Room
Not required	1/11	W	1:00-3:00pm	1

Computer Basics

\$60/4 classes

Instructor: Carole Kamper

949-230-5902

This class is designed as an introduction to computers. It will help you understand the difference between hardware and software and what components and options are available when purchasing a new computer. Emphasis will be on hands-on use of the mouse and the keyboard, opening and closing programs, saving and retrieving files as well as introducing you to other features of the Windows Operating System.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
681111	1/17-2/7	Tu	10:00-11:00am	Comp Center
681112	2/27-3/19	M	10:00-11:00am	Comp Center

Computer Skills

\$60/4 classes

Instructor: Carole Kamper

949-230-5902

This class is for participants who have had some prior experience using a computer. It will familiarize you with desktop setting, the control panel, creating folders, naming files, the help menu and much more. You will learn the "anatomy" of a window and how to use its various features. Emphasis will be on the use of the accessories program that comes with the Windows Operating System. Prerequisite: Computer Basic or equivalent.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
681311	1/17-2/7	Tu	11:15-12:15pm	Comp Center
681312	2/27-3/19	M	11:15-12:15pm	Comp Center

**OASIS Computer classes are taught on PCs only.
Personal computers are not permitted.**

Computer Tips & Tricks

\$20/1 class

Instructor: Carole Kamper

949-230-5902

Come explore the possibilities of your PC and find out about online tutorials, websites and software that will expand your computer abilities. This one hour workshop is designed to maximize your time online and teach tricks that will make your computer experience more enjoyable and productive. Prerequisite: Completion of Computer Skills and Internet Basics or equivalent.

Class #	Dates	Day	Time	Room
681411	1/12	Th	1:00-2:00pm	Comp Center
681412	2/8	W	5:30-6:30pm	Comp Center
681413	3/8	Th	1:30-2:30pm	Comp Center

Digital Photo Editing

\$60/4 classes

Instructor: Barbara Yin Milbert

Learn to edit your digital photos using Picasa photo editing program. Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Room
681611	1/24-2/14	Tu	1:00-2:00pm	Comp Center
681612	2/23-3/15	Th	9:45-10:45am	Comp Center

eBay 1

\$30/1 class

Instructor: Barbara Yin Milbert

Learn to buy and sell items on eBay. Pre-requisite: Basic computer skills and familiarity with the internet.

Class #	Dates	Day	Time	Room
681711	1/17	Tu	1:00-3:00pm	Comp Center
681712	2/16	Th	10:00-12:00noon	CompCenter

eBay 2

\$30/ 1 or 2 classes **See below

Instructor: Barbara Yin Milbert

Learn more advanced skills for buying and selling items on eBay. Prerequisite: Completion of eBay 1 or equivalent and basic computer skills.

Class #	Dates	Day	Time	Room
681811	2/21	Tu	1:00-3:00pm	Comp Center
681812	3/8-3/15	Th	11:00-12:00noon	Comp Center

****Course 681812 will meet twice—one hour each week. Course 681811 will meet once for two hours.**

Email & Internet Basics

\$30/2 classes

Instructor: Barbara Yin Milbert

Learn to set up an email account and use basic email tools. Learn the difference between the internet and the web, how to set your home page and search for websites.

Class #	Dates	Day	Time	Room
681911	2/2-2/9	Th	11:00-12:00noon	CompCenter

Google 101 \$20/1 class

Instructor: Carole Kamper

949-230-5902

Learn how to do more on Google than just searches. Did you know that you can use Google for translating, calculating, as a dictionary, collaborating with others on documents, keeping track of financial portfolios, viewing maps, finding images and more? Prerequisite: Completion of Computer Skills and Internet Basics or equivalent.

Class #	Dates	Day	Time	Room
682411	1/12	Th	2:15-3:15pm	Comp Center
682412	2/8	W	6:45-7:45pm	Comp Center
682413	3/8	Th	12:15-1:15pm	Comp Center

Intro to Excel \$60/4 classes

Instructor: Barbara Yin Milbert

Learn to manipulate, process, and view the data on a spreadsheet. Use different functions of Excel. Insert graphics into your spreadsheet. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Room
682211	2/28-3/20	Tu	1:00-2:00pm	Comp Center

Intro to Facebook \$30/2 classes

Instructor: Barbara Yin Milbert

In this introductory class, you will learn about Facebook and the pros and cons of joining this popular social network. You will also learn how to set up an account and select your security and privacy settings. Prerequisite: Computer Basics and Skills or equivalent.

Class #	Dates	Day	Time	Room
682311	1/19-1/26	Th	11:00-12:00noon	Comp Center
682321	2/23-3/1	Th	11:00-12:00noon	Comp Center

Intro to Word \$60/4 classes

Instructor: Barbara Yin Milbert

Learn to open and save a new document, cut, copy, and paste, use spell check, change font, text size, style and color, organize your files and more! Prerequisite: Computer Basics or equivalent.

Class #	Dates	Day	Time	Room
682111	1/19-2/9	Th	9:45-10:45am	Comp Center

Intro to Publisher and Power Point \$45/3 classes

Instructor: Carole Kamper

949-230-5902

Learn these two programs from Microsoft Office to build and expand your word processing skills. PUBLISHER will help you create flyers, business cards, brochures and more. POWERPOINT will not only teach you to how to create a slide show but take your word-processing skills to the next level. Prerequisite: Completion of Introduction to Word or equivalent.

- \$2 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
681511	1/23-2/6	M	5:30-6:30pm	Comp Center



Fine Arts

NEW! Instructor Assisted Workshop \$75/5 classes

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

This workshop is for watercolor, sculpting, drawing, mixed media, acrylic and pastel artists to work on their own projects with a professional artist and teacher who will provide help and guidance along the way. Please bring a project you are currently working on and any supplies you may need.

Class #	Dates	Day	Time	Room
613411	*1/9-2/13	M	9:00-12:00noon	Art
613412	2/27-3/26	M	9:00-12:00noon	Art

*No class 1/16

Beading \$40/6 classes

Instructor: Tania Addington

tskga@hotmail.com

This class is for anyone with an interest in beading, those who need to refresh their basic skills and any experienced beaders who want to increase their beading skills and are ready for a challenge. Students new to beading will learn about supplies, findings, tools, beads, and will work simple projects using basic beading stitches. There will be discussions on beading techniques and completing projects. More experienced students will build their knowledge, learn color combination and balance, and create projects in off-loom stitches: Peyote, Brick, Netting, Right Angle Weave, Square, Herringbone, and Chevron stitch. We will make rings, bracelets, earrings, and necklaces.

- Materials list provided at registration.
- \$5 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
610111	1/10-2/14	Tu	12:30-2:30pm	5
610112	2/28-4/3	Tu	12:30-2:30pm	5

Classes & Activities

Bead Stringing & Re-Stringing \$40/6 classes

Instructor: Tania Addington

tskga@hotmail.com

This course is designed for beaders of all levels and for re-stringing older jewelry in updated styles. Students will get to know the rules of stringing beads, how to finish projects, and use color and balance in stringing. We will make bracelets, necklaces and earrings. Students are encouraged to use their own style and choice of beads. Sample beadwork will be available for viewing and to encourage creativity.

- Materials list provided at registration.
- \$5 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
610211	1/10-2/14	Tu	9:30-11:30am	5
610212	2/28-4/3	Tu	9:30-11:30am	5

California Impressionism \$50/6 classes

Instructor: Diane Ryan

dianeryan2010@yahoo.com

You have probably heard of French Impressionism, but what about California Impressionism? This was a wonderful offshoot of the French art period that took place in California during the early 20th century. Artists came here from many parts of the world to capture the light, color, & drama of our unique Southern California landscape. Come to this workshop and learn more about this unique art period. Fieldtrip to view original paintings from this period included.

- \$2 material fee payable to instructor on the first day of class.

Registration	Dates	Day	Time	Room
612811	1/26-3/1	Th	9:30-11:30am	2B

Ceramics \$115/9 classes

Instructor: Karen Thayer

karenthayer@yahoo.com

Learn how to create ceramic objects using hand-building techniques and the potter's wheel. Beginning students will learn the basics of slabbing, coiling, pinching and glazing clay. Returning and advanced students will refine their skills with the endless possibilities that this simple material offers. If you have your own tools please bring them. No tools are required at the first class. Instructor will provide basic tools and also have specialty tools available for purchase.

- \$20 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
610811	1/25-3/21	W	9:00-12:00noon	Art Center

Chinese Brush Painting See below for fees

Instructor: Diana Wong

dianawong2001@yahoo.com

Explore the art of Chinese brush painting through the use of brush, rice paper, ink, and colors, while expressing the inner spirit of the subject or the feeling of the artist. Learn to paint flowers, birds, animals, and insects.

- Materials list provided at registration.

Class #	Dates	Day	Time	Room
\$59/4 classes				
611011	1/3-1/24	Tu	10:00-12:00noon	Art
611012	*1/31-2/28	Tu	10:00-12:00noon	Art
\$99/8 classes				
611013	*1/3-2/28	Tu	10:00-12:00noon	Art
*No class 2/14				



Freehand Drawing \$72/6 classes

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Join Nancy in this fun drawing class; she will lead you every step of the way! Beginner to advanced, working in graphite pencil, pen & ink and charcoal. Learn tips to capture and sketch the world around you, keep an artist's journal and awaken to really "seeing" your surroundings. This type of "seeing" creates beautiful drawings.

- Materials list provided at registration.
- \$6 material fee payable to instructor on the first day of class.

Class #	Dates	Day	Time	Room
611511	1/6-2/10	F	9:30-11:30am	5
611512	2/24-3/30	F	9:30-11:30am	5

Knitting & Needlework Group Free

Leader: Golda

949-673-7553

This group of experienced needle-workers meets weekly to work on individual projects. Beginners are welcome. Help is available for needlepoint, embroidery, knitting, crocheting and quilting.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	W	12:00-2:00pm	3

Oil Painting on Canvas -- Beg./Int. See below for fees

Instructor: Nancy Wahamaki

gandolf.wahamaki@gmail.com

Develop basic painting skills working from photos & still life. Nancy Wahamaki, a working artist who loves to teach, will help you every step of the way. She'll discuss design, negative & positive shapes, art history and the use of complementary color. This will be a light, fun class, and we'll paint a new canvas each week.

- Materials list provided at registration.

Class #	Dates	Day	Time	Room
\$75/5 classes, plus \$5 material fee payable to instructor on first day of class.				
612011	*1/9-2/13	M	1:00-4:00pm	Art
612012	2/27-3/26	M	1:00-4:00pm	Art
\$130/10 classes, plus \$10 material fee payable to instructor on first day of class.				
612013	*1/9-3/26	M	1:00-4:00pm	Art
*No class 1/16, 2/20				

Open Art Workshop Free

For students of any medium, this is the perfect time to catch up on class projects.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	F	9:00am-4:00pm	Art

Watercolor-Beginning**See below for fees**

Instructor: Theresa Fernald

tferald@saddleback.edu

Learn creative, expressive and colorful watercolor techniques. Develop a foundation for great watercolor composition and drawing while exploring color, brushwork and design based on art history and design theories.

- Materials list provided at registration.

Class #	Dates	Day	Time	Room
\$40/3 classes				
613043	12/6-12/20	Tu	1:00-4:00pm	Art
\$65/6 classes				
613011	1/17-2/21	Tu	1:00-4:00pm	Art
613012	3/6-4/10	Tu	1:00-4:00pm	Art

Watercolor -- Intermediate**\$91/6 classes****SPECIAL REGISTRATION DATES FOR THIS CLASS -- SEE BELOW**

Instructor: Chris Sullivan

chrissullivanart@gmail.com

This class concentrates on developing traditional and experimental skills and techniques in transparent watercolor painting as well as designing more interesting and effective compositions. Landscapes and still life will be the focus using studio set-ups, sketches and/or photographs. There will be demonstrations, individual assistance, and group critiques.

- Materials list provided at registration.
- **Registration for Newport Beach residents Thursday, December 1**
- **Registration for non-residents begins Thursday, December 8.**

Class #	Dates	Day	Time	Room
613111	2/1-3/7	W	9:00-12:00noon	4
613112	2/1-3/7	W	1:00-4:00pm	Art

Water Mixable Oil Painting**See below for fees**

Instructor: Theresa Fernald

tferald@saddleback.edu

Learn to paint luminous, glowing, expressive water-mixable oils. Clean your brushes with water and soap - no need for toxic solvents. This class will give you a strong foundation in color mixing and composition. You will develop expressive brushwork and paint approaches.

- Materials list provided at registration.

Class #	Dates	Day	Time	Room
\$40/3 classes				
612243	12/6-12/20	Tu	5:30-8:30pm	Art
\$70/6 classes				
612211	1/17-2/21	Tu	5:30-8:30pm	Art
612212	3/6-4/10	Tu	5:30-8:30pm	Art

Wood Carving Workshop**Free**

Leaders: Chris Schumacher & Bob White

This group meets to work on individual projects.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Th	8:00am-12:30pm	Art

Cards & Games**Beginning Bridge****\$100/8 classes**

Instructor: Ann Cressman

949-495-4564

Join us to learn the exciting and stimulating game of bridge. This class is for new players & those who want to brush up on their skills.

Class #	Dates	Day	Time	Room
680111	2/14-4/3	Tu	9:30-11:30am	3

Advanced Beginning Bridge 2**\$100/8 classes**

Instructor: Ann Cressman

949-495-4564

Lessons will consist of hand-outs, play of pre-arranged hands and analysis. Prerequisite: Advanced Beginning Bridge 1.

Class #	Dates	Day	Time	Room
680311	2/16-4/5	Th	9:30-11:30am	3

Intermediate Supervised Play**\$100/8 classes**

Instructor: Ann Cressman

949-495-4564

Improve your play through supervised instruction and analysis of hands. Prerequisite: Advanced Beginning Bridge 1 and 2.

Class #	Dates	Day	Time	Room
680411	2/14-4/3	Tu	12:30-2:30pm	3

Intermediate Bridge**\$100/8 classes**

Instructor: Susan Benon

lagunacub@aol.com

Intermediate duplicate bridge lessons and play. Lessons include: attitude, count and suit preference, non-forcing and forcing bids, when to use Gerber, Roman key card, and balancing-two weeks.

Class #	Dates	Day	Time	Room
680511	1/11-2/29	W	9:30-11:30am	3

Party Bridge**\$1**

You do not need a partner to participate. Players must be able to keep their own score.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu	10:00-2:00pm	1

Duplicate Bridge**\$1**

Leaders: Terry and Gene Casavant

949-854-8138

Bring your own partner to play. Reservations are required. Please contact Terry and Gene at zeintje1@gmail.com or 949-854-8138.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu	10:00-2:00pm	2
Not Required	Ongoing	F	10:00-2:00pm	2

Classes & Activities continue on page 22

Mah Jongg Free

Leader: Nathalie Goldstein

Experienced players meet to play.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M/F	12:30pm-4:00pm	3

Ping Pong Free

New players are always welcome.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu/Th	2:00-5:00pm	Event Center C

Scrabble Free

Leader: Jamie Riggs

949-706-2666

Game boards, tiles and official Scrabble dictionary provided. All levels welcome.

Registration	Dates	Day	Time	Room
Not Required	Ongoing	M	1:00-4:00pm	Library

Shanghai/ May I Free

If you know how to play rummy, you'll pick up this game in no time!

Registration	Dates	Day	Time	Room
Not Required	Ongoing	Tu	1:00-4:00pm	Library

Texas Hold'em -- Advanced Free

Instructor: Len Edwards

Advanced players only. Meets on the 1st & 3rd Friday every month. Play for chips only.

Registration	Dates	Day	Time	Room
Not Required	12/2 & 12/16	F	12:30-3:00pm	1



TOP 10 HOLIDAY DIET TIPS



1. Trim back the trimmings.

Trim calories wherever you can so you leave the party feeling satisfied, but not stuffed.

2. **Wear snug clothes and keep one hand busy.** Wearing snug clothing while holding a drink in one hand will make it more difficult to grab food.

3. **Chew gum.** This works well when you're trying hard not to dive into the buffet.

4. **Be a food snob.** If you don't love it, don't eat it!

5. **No skipping meals.** Always eat normally on the day of the party.

6. **Check it out.** When you arrive at a party, grab a sparkling water with a twist and wait at least 30 minutes before eating.

7. **Add fun and games.** Take the focus off of food by getting family and friends in games at holiday parties, like dancing or charades.

8. **Alternate alcohol with nonalcoholic beverages.**

9. **Skip the appetizers.** Go for the veggies, fruit, salsa or a small handful of nuts.

10. **Limit the variety.** Choose one or two items if there is a lot of choices. Variety stimulates appetite, so limit your selection.

~Web MD

SMOKE ALARM MAINTENANCE



It is a proven fact that smoke alarms save hundreds of lives each year. By sounding an alarm and giving people time to escape, smoke alarms reduce the risk of dying in a house fire in half.

Maintaining a smoke alarm is just as important as having one. A smoke alarm that doesn't work is like not having one at all. Smoke alarms should be cleaned at least once a year, batteries should never be "borrowed" to use someplace else, and batteries should be tested once a month.

The Newport Beach Fire Department recently received donations of smoke alarm batteries from Energizer and smoke alarms from the American Red Cross. While supplies last, both will be available upon request at the OASIS Senior Center Administration Office to assist you in ensuring that your smoke alarms are in working order.



CHRISTMAS TRADITIONS

We do the same things every year: down copious amounts of eggnog; kill a tree and cover it in lights; send fruitcake, cards and cookies to our loved ones; kiss under a leafy branch; hang colorful socks over the fireplace and sing off-key demands for figgy pudding at the top of our lungs. Yes, these are our Christmas traditions. Much of what we today consider holiday perennials have been around for about two centuries. The Christmas tree — the king of all traditions — is the most obvious, the centerpiece of many a home. While tree worship was common in pagan Europe, the modern Christmas tree originated with German Lutherans in the 17th century and spread to Pennsylvania in the 1820s after they began to immigrate to the United States. When Germany's Prince Albert came to England in 1840 to marry Queen Victoria, he brought the Christmas tree with him. The royal family decorated it with small gifts, toys, candles, candies and fancy cakes, giving rise to the modern ornament. Eight years later, a photograph of the royal tree appeared in a London newspaper, and ownership of the green item became the height of holiday fashion in Europe and America.

While today we don hats and mittens and travel door to door wishing our neighbors good cheer in song, caroling originally had little to do with Christmas. The carols of the 12th and 13th centuries were liturgical songs reserved for church processions. The type of caroling we're more familiar with didn't arrive until England's Victorian era. Many popular seasonal songs — "Hark! the Herald Angels Sing!," "The First Noel," and "God Rest Ye Merry Gentlemen" — were written around that period. But let's be honest, caroling takes a back seat to the most important and beloved traditions — those involving our stomachs. Most obscurely, there's figgy pudding, which while not eaten much today is always tunelessly requested in the second verse of the song "We Wish You a Merry Christmas." In the 16th century, figgy pudding was eaten at the end of the Christmas meal. The dessert, which very simply is a pudding made from figs, can be seen on Bob Cratchit's table in the famous film version *A Christmas Carol*.

The origins of eggnog in the U.S. are older than the country itself. The first batch was made at Captain John

Smith's Jamestown settlement in 1607. It's said the colonists called their mixture "egg and grog," the latter being a then-common term for any drink made with rum. The name was eventually shortened to "egg'n'grog" and later, eggnog. The adult version of the beverage contains milk, sugar, beaten eggs, some kind of liquor (brandy, rum or whiskey are common) and spices such as ground cinnamon and nutmeg. Bottles of the virgin variety are typically available in stores around the holiday season.

Johnny Carson once famously joked, "The worst gift is a fruitcake. There is only one fruitcake in the entire world, and people keep sending it to each other." Regularly mocked today, the fruitcake dates back to the 16th century, when it was discovered that fruit could be preserved by soaking it in large solutions of sugar. Since

sugar was cheap, it was an effective and affordable way for the colonies to ensure their native plums and cherries would make the journey to Europe without spoiling. By the 19th century people were combining all sorts of candied fruits — pineapples, plums, dates, pears, cherries, orange peels and cheap nuts — into a cake-like form. In 1913, two of the most famous American bakeries of the time — Collin Street Bakery in Corsicana, Texas and The Claxton Bakery in Claxton, Georgia — began to ship mail order fruitcakes. The cake, along with many other Christmas sweets and desserts, gave rise to the now famous January tradition of trading in sugar gluttony for a gym membership.

Lastly among conventional holiday institutions is the elusive mistletoe. Celtic legend says the plant can bring good luck, heal wounds, increase fertility and ward off evil spirits. While it's hard to say what (if any) truth lies in these legends of yore, at the very least, it provides an excuse to kiss that hot guy or gal pal. The tradition of smooching underneath the mistletoe began in the Victorian era and was once believed to inevitably lead to marriage. But it seems to have lost a little of that power. Now, when someone kisses you, it might just mean they've had a few too many sips of holiday punch at a drunken party — the most modern, sloppy Christmas tradition of them all.

~ Time Magazine



AARP TAX AIDE PROGRAM PROVIDES FREE INCOME TAX ASSISTANCE

Once again, the OASIS will offer the Tax-Aide Program administered by the AARP Foundation in cooperation with the IRS. Tax Counselors will be available starting in the beginning of February and continuing through mid April.

The AARP Tax-Aide Program provides free personal income tax assistance to middle and low-income taxpayers. If your total annual household income, including Social Security, is over \$60,000, you should contact a paid tax preparer. The Tax Counselors will prepare income tax returns for persons who have Revocable (Living) Trusts. They will not prepare tax returns involving Irrevocable (Testamentary) Trusts.

The Tax Counselors will generally prepare Federal and California State Tax Returns that include:

INCOME FROM:

Wages and Salaries
Pensions, Annuities and IRA Distributions
Taxable Social Security Benefits
Sale of Stocks and Bonds
Sale of Personal Residence
Basic Self Employment Income (No depreciation or operating loss carry forward)

DEDUCTIONS FOR:

IRAs
Penalty for early withdrawal of savings
Standard Deductions
Itemized Deductions: medical and dental, taxes, interest, contributions, miscellaneous

CREDITS FOR:

Elderly and Disabled Credit
Child Tax Credit
Child and Dependent Care Credit
Education Credit
Earned Income Credit
Estimated Tax, Basic Amended Tax Returns, Filing Extensions.

Before your scheduled tax counseling appointment, please be certain you have the following:

- Copies of your 2010 Federal and State Income Tax Returns.
- All 2011 forms W-2 (wages); 1099 R (pensions); 1099-Int (interest); 1099-Div (dividends); 1099-B (sale of stocks and bonds); and SSA 1099 (Social Security).
- If you have sold securities (stocks, bonds, etc.), please make certain you have a record of their original cost. You may need to contact your broker to assist you in determining the original cost. Please bring your year-end brokerage statement so your counselor can verify the information.

APPOINTMENT SCHEDULING WILL BEGIN ON JANUARY 3. Actual appointments with a tax counselor will begin in February.

Please note: all appointments will be scheduled on Fridays ONLY, at OASIS. Call the OASIS Administration Office at (949) 644-3244 to schedule your appointment.

SUPPORT GROUPS

NEW Low Vision Support Group

Facilitator: Braille Institute, Orange County

Starting in January, this group will meet on the 3rd Friday of the month. This group is for people experiencing difficulty in daily living due to sight loss. The content of the discussion will be based on participants' needs, which may cover a variety of topics such as getting around town, low vision devices, family awareness, and staying connected. RSVPs requested (949) 644-3244.

Location: OASIS Room 4

F 10:00-11:30am 1/20 Free

Alzheimer's Caregiver Support Group

Facilitator: Vic Mazmanian

949-310-6682

This group meets on the 1st Wednesday of the month. Meetings are open to caregivers, family members and friends caring for a loved one with Alzheimer's or dementia. You are not alone; find how sharing your ideas, feelings and concerns can help you care for yourself and your loved one. This group is affiliated with the Orange County Alzheimer's Association.

Location: OASIS Room 1B

Wed 10:00-11:30am 12/7 Free

Grandparents Support Group

Leader Susan Hoffman

949-640-0399

Group meets the 2nd Wednesday of the month. Meet with grandparents who have visitation issues with their grandchildren. Visit www.grandparentchildconnect.org for more information.

Location: OASIS Room 3

Wed 3:00-5:00pm 12/14 Free

Lupus Support Group

Lupus is an autoimmune disease which can affect every organ system. Meeting days and locations will vary; call Judy Terrean at (949) 903-4444 for details.

MS Support Group

This self-help group for people with Multiple Sclerosis (MS) is sponsored by the National MS Society. This group is for those with minimal symptoms or newly diagnosed. The group meets every month for two hours. If you are interested and think this group may be appropriate for you, please call Sherri for further details (714) 846-2064.

PARKINSON'S SUPPORT GROUPS

Parkinson's Resource Organization (PRO)

Group meets on the 2nd Thursday of the month. Either an educational program or a support group for caregivers only is offered on alternate months. For more information call Marilyn VanSant (949) 645-3352 or (877) 775-4111.

Location: OASIS Room 3

Th 7:00-9:00pm 12/8 Free

Parkinson's Support Group

Leaders: Al Douglass (949-644-0714) and Mike McNamara (949-673-5542)

This group meets on the 2nd & 4th Friday of each month and is for people with Parkinson's. Meet with your cohort without feeling intimidated and be able to freely ask questions of your peers.

Location: OASIS Room 4

F 10:30-12:00noon 12/9 & 12/23 Free

ASSISTANCE PROGRAMS

Senior Assessment Program

An ongoing, comprehensive assistance, counseling and referral service, this program assists the frail elderly by coordinating services for them, thus allowing them to live independently in their own homes.

Information & Referral

Assistance with referrals to a vast assortment of senior services, such as home health care, housing options, adult day care, health care facilities, respite, legal assistance, employment, support groups, ombudsman services and more. If we don't know, we will find out.

Medical Documents

The California Hospital Association's Advance Health Care Directive. Available in the Administration Office.

Medical Equipment to Loan

Companion wheelchairs, walkers and commodes are available in the Administration Office.

Telephone Reassurance

Daily telephone call for seniors who live alone and have limited contact with friends or relatives.

OASIS Lunch Program provided by Age Well Senior Services

Hot and cold lunches are served in the OASIS Evelyn Hart Event Center. Please call two days in advance to order your lunch. Call Berenice at (949) 718-1820. Hot lunch menu is listed on page 26. Lunch Service: Monday through Friday, 11:45am-12:30pm

\$4 suggested donation

Home delivered meals provided by Age Well Senior Services

Meals are available for homebound seniors; call for an assessment. Deliveries are also available for post-surgery or short time periods when one is incapacitated. Call Berenice at (949) 718-1820.

HEALTH SCREENINGS & MEDICARE COUNSELING

Blood Pressure Screening

Our friendly medical professionals will help you monitor your blood pressure twice a month.

Location: OASIS Library

Tues 9:00-11:00am 12/6 & 12/20 Free

Memory Screening

Provided by the Orange County Vital Aging Program, this screening promotes early detection and prevention of Alzheimer's Disease and related disorders. In-person screening at OASIS or Hoag; please call (949) 764-6288 or visit www.OCVitalAging.org.

Visual Aid Screening

Provided by the Braille Institute. When eye glasses are no longer sufficient, make an appointment with the Braille representative for a visual screening. Available once a month. Physician referral required; call (714) 821-5000. Visit www.brailleinstitute.org.

Location: OASIS Administration Office

HICAP: Health Insurance Counseling and Advocacy Program

HICAP counselors assist you with information regarding health insurance, Medicare, Part D Drug Plan, Medi-Cal, HMOs, Supplemental, and Long Term Care Insurance. Available twice monthly. Appointments are necessary.

Location: OASIS Administration Office

LEGAL ASSISTANCE



The attorneys donate their time and offer a free half-hour consultation. Appointments are necessary; call (949) 644-3244. Consultations are held in the OASIS Administration office.

Thursday, December 1

9:00-12:00noon

Bradley Erdosi, Attorney at law
Elderlaw, estate planning, wills, trusts, probate, health care directives & notary services.

Thursday, December 15

9:00-12:00noon

Timothy Pickart, Attorney at Law
Wills, trusts, estate planning, trust administration and wealth preservation.

TRANSPORTATION

The OASIS Senior Center provides curb-to-curb transportation through its Care-A-Van and Shuttle Programs.

Care-A-Van: Provides transportation to medical appointments, grocery shopping and other essential errands within City limits. Cost is \$3.00 each way.

Shuttle: Provides transportation to classes and activities held at OASIS. Cost is \$1.50 each way.

Eligibility:

- Must be age 60+
- Live in a private residence
- Must reside within Newport Beach, Corona del Mar or Newport Coast
- No longer be driving

Service is available

Monday-Thursday, 7:45am - 4:30pm

Fridays, 8:00am - 4:00pm

It is recommended that reservations be made at least five business days in advance and can be made up to three weeks in advance.

Call OASIS to register (949) 644-3244.

**Buy your ticket!
Membership Monthly
Get Together
Friday, December 2
See page 2 for details**

Mission Statement

The Friends of OASIS, Inc. is a non-profit California corporation dedicated to supporting the senior community. The focus of this organization is to provide financial and volunteer support to the OASIS Senior Center. Its goal is to assist in giving seniors the opportunity to live healthy, active and productive lives.



UKULELE-OASIS PARADISE

The OASIS Ukulele Strummers, Singers and Hula Dancers
At the OASIS Senior Center in seaside Corona del Mar/Newport Beach,
A newly constructed venue site; second to none in design and activities
With 70 to 80 participants (sometimes more) meeting every week on Mondays.

Truly a Paradise and Oasis in every sense of these words and more-
Place of bliss and pleasant relief from ordinary things and routine affairs
Where these OASIS strummers, singers and hula dancers meet
Forming new friends and reuniting with old ones every Monday afternoon.

Strummers, singers and dancers with hundreds of favorite songs
Coffee, cookies and brownies always generously made available
All made possible due to an outstanding long-time irreplaceable leader
With his gracious, most charming and elegant lady serving as hostess

Always special talents showcased- solos, duets and small groups
Always ending with graceful and lovely Hula dancers
Swaying to "Lovely Hula Hands" or "To Your Sweetheart, Aloha"
Is there a better way to start the week or enhance your life?

No charges, rules or demands; just come as you are with music in your heart
Open to all who profess interest in music, and a desire to learn and enjoy
What better way to prolong and enrich one's life, and keep mental capabilities
While socializing with those (novice and pros) with interest and love for music

Nowhere else is there to be found such an adoring OASIS and Paradise
Nowhere else where such comradeship, sharing and enjoyment abounds
Nowhere else with such dedicated competent leadership and warm welcoming
Nowhere else where you would want to spend your senior years on Mondays

*Dedicated to Tony and Dorothy who make it all possible
By Richard Michael (Georget) Havens*



OASIS Gift Shop



Baubles, bangles, and bright shiny beads, colorful holiday decorations and accessories, crystal that sparkles, dolls in red dresses, cuddly teddy bears and all your holiday needs.

Merry Christmas,
Ms. Claus and Helpers

Hours: 9:00am to 3:00pm
Monday-Friday

Pancake Breakfast

Pancakes with syrup, sausages, coffee, milk and juice are served.

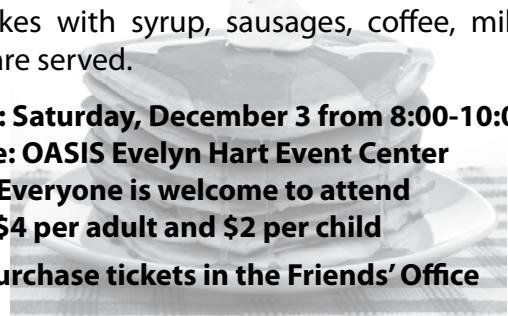
When: Saturday, December 3 from 8:00-10:00am

Where: OASIS Evelyn Hart Event Center

Who: Everyone is welcome to attend

Cost: \$4 per adult and \$2 per child

Pre-purchase tickets in the Friends' Office



TIME TO RENEW YOUR MEMBERSHIP FOR 2012

Dear Friends,

Once again it's time to renew your Friends of OASIS membership for the upcoming year. Where does the time go?

Our membership year is January to December, 2012 and the cost remains \$10.00 for a single person, \$15.00 for a couple or \$300.00 per person for a life membership.

Your renewal will provide uninterrupted delivery of the monthly newsletter announcing the many fine programs and services available to seniors, and your participation in the Friends of OASIS will enable us to better serve you and the many seniors in our community.

At this time we are also kicking off the annual Friends of OASIS Fund Drive which is a major source of income for the fiscal year. Your donation will be applied to the current operational budget expenditures, so please donate whatever you are able for this worthwhile cause. We are committed to our mission of providing quality enrichment to the lives of seniors and promoting community awareness for the OASIS Senior Center today and for future generations.

Please complete the required information and return your renewal/donation in the enclosed envelope at your earliest convenience. Also, for your bookkeeping records, The Friends of OASIS is a 501 (c) (3) Corporation.

Thank you, see you at the Center.

Lynn Cathcart

Lynn Cathcart, Membership Chair, Friends of OASIS



Friends of OASIS Membership Dues Membership through December 31, 2012

☐ **New Member** ☐ **Renewal**

Name _____ Date _____

Address _____ City _____

State _____ Zip _____ Phone (____) _____

E-mail _____ Emergency contact: _____

☐ Check# _____ Make checks payable to the Friends of OASIS.

☐ Credit Card Exp Date _____ / _____ Credit Card # _____

Signature _____

☐ Single \$10.00 one year ☐ Couple \$15.00 one year ☐ Life Member \$300.00 per person

☐ Donation \$ _____ Total \$ _____

Referred by _____ Phone (____) _____

Email _____

Mail or deliver your membership to: Friends of OASIS, 801 Narcissus Ave, Corona del Mar, CA 92625. (949) 718-1800

The Friends of OASIS is a 501 (c) (3) non-profit corporation. Your gift may be tax deductible - consult your tax advisor.

To receive your membership card by mail, please enclose a self-addressed stamped envelope.



Friends of OASIS Day Trips

TRIPS FILL UP QUICKLY! SIGN UP EARLY IF INTERESTED IN A TRIP!

Travel Office Hours: Monday-Friday 9:00am-1:00pm. Stop by or call us at (949) 718-1810.

There is a \$5.00 charge for non-members.

★ Parking and pick-up for all trips are at the northwest corner of 5th & Marguerite lot unless otherwise noted.

REAGAN LIBRARY

\$59

Tuesday, December 6 - Wait List Only

By popular demand, another trip is scheduled to this favorite Presidential Library and Museum. A brief orientation and guided tour of the newer exhibits will be presented by a docent. This year's annual Christmas Tree exhibit will feature 24 beautifully decorated trees celebrating the defining moments of America's road to greatness. Buffet lunch included.

Depart 8:30 am

Return 4:30 pm

PALM SPRINGS FOLLIES

\$110

Friday, December 9

Enjoy an afternoon with Riff Markowitz and his unique blend of cutting-edge satire and Old World savoir-faire as he guides you to all things Follies. Be ready to laugh, to reminisce and be inspired by the cast members. Featured guest is John Davidson, star of stage, screen and TV. Lunch on your own prior to the show.

Depart 9:00 am

Return 7:15 pm

VIEJAS CASINO

\$15

Wednesday, December 14 – NO REFUNDS

Depart 8:00 am

Return 5:00/5:30 pm

TOURNAMENT OF ROSES PARADE EXCURSION

\$120

Monday, January 2, 2012

This is a family excursion with excellent grandstand seating. Included with price is breakfast, lunch and motorcoach transportation. NOT HANDICAPPED ACCESSIBLE. No refunds after 12/10/11.

Depart 5:45 am

Return 1:00 pm

PALA CASINO

\$15

Tuesday, January 10, 2012 – NO REFUNDS

Always a fun day!

Depart 9:00 am

Return 5:30 pm

BATTLE OF THE DANCE DINNER SHOW

\$69

Wednesday, January 25, 2012

Travel by bus to Anaheim for an electrifying new dining and entertainment experience. The Battle of the Dance, a newly remodeled state of the art theatre with nightclub ambience, showcases a dynamic fusion of traditional Latin, Flamenco, Celtic, Bollywood and Pop dance performed by award winning dancers from around the world. A gourmet three-course lunch is included.

LEGACY TRAVEL & TOURS

Depart 10:00 am

Return 3:00 pm

THE MAGIC CASTLE

\$115

Sunday, February 12, 2012

A unique opportunity to gain access to the world-famous Academy of Magical Arts "home" which is generally not open to the public. Enjoy an all-you-can-eat champagne brunch and live magical performances at this 1908 Victorian mansion. Required dress code: "country club" attire (no jeans, shorts or sandals). You must be able to walk up a steep, yet short driveway to enter the Castle.

GOOD TIMES TRAVEL

Depart 10:00 am

Return 5:00 pm

LOS ANGELES COUNTY MUSEUM OF ART

\$52

Tuesday, February 21, 2012

Enjoy a docent led tour of the museum's newest exhibition, "California Design, 1930-1965: Living in a Modern Way" which is the first major study of California midcentury modern design and includes more than 300 objects – furniture, ceramics, metalwork, fashion, textiles and a 1936 shiny aluminum Airstream trailer. Lunch on your own with time to visit the gift shop and other exhibits.

Depart 9:15 am

Return 4:30 pm

Payment options: credit cards, cash or checks for day trips payable to Friends of OASIS.



CANCELLATION POLICY FOR DAY TRIPS

10 working days' notice is needed for a refund. Less than 10 days, refund is given only if a replacement is found. The handling charge for trip refunds is \$5 for day trips. This fee will be deducted from the refund. **No refunds for one-day gambling trips.**

Stop by the Travel Office for detailed information on all of these trips.

RIVERSIDE RESORT HOTEL & CASINO – LAUGHLIN

Double per person \$120

Single \$150

February 7-9, 2012

Relax and enjoy a leisurely bus trip to the River and stay two nights at one of the most popular hotels. This trip fills up quickly so make your reservation now!

Depart 8:00 am

Return 6:00 pm

SIERRA SNOW TRAIN

Double \$909 Single – Add \$110 Triple – Deduct \$20

February 11-14, 2012

On day 1, fly to Sacramento and tour the state's capitol city sites and enjoy a "get acquainted dinner." Day 2 will include a tour of the state capitol then "all aboard" for a train trip to Reno with incredible winter scenery. On day 3, travel to Lake Tahoe for sightseeing, gambling and a visit to Carson City. Visit Virginia City on day 4 and fly home with beautiful memories of scenic snow covered mountains. Flyer available at Travel Office.

AFC VACATIONS

HAWAII CRUISE FROM SAN DIEGO

Double occupancy ranges from \$2,049 to \$3,159.

Single please contact AFC.

February 25 – March 10, 2012

Depart from San Diego for a no flying 15-day five-star cruise of the Hawaiian Islands. Includes home shuttle round trip from Orange County to the San Diego pier and all meals aboard the ship. Depart San Diego and cruise to the Islands spending one day each at Hilo, Honolulu, Nawiliwili on the island of Kauai, and Lahaina on Maui. Cruise home with a one day stop at Ensenada, Mexico. VALID PASSPORT REQUIRED. For further details and flyer, please come by the Travel Office.

AFC VACATIONS

PANAMA CANAL FROM SAN DIEGO

Double occupancy ranges from \$2,669 to \$3,669.

For single occupancy please call AFC.

April 13 – 27, 2012

Travel from San Diego to Fort Lauderdale thru the Panama Canal on a 15-day cruise aboard the 5-star Statendam. Round trip home shuttle and one way return airfare from Fort Lauderdale to San Diego included. Daily breakfast, lunch and dinner aboard the ship also included. VALID PASSPORT REQUIRED. For further details and flyer, please come by the Travel Office.

AFC VACATIONS

YOSEMITE SPRING FLING

Double \$549

Single \$689

April 29 – May 1, 2012

Travel by deluxe motorcoach to this magnificent national park where you will be spending two nights at the elegant four-star Tenaya Lodge which features an indoor pool and full service spa. After checking into the hotel, you will have time to relax before dinner. In the morning, enjoy a breakfast buffet at the hotel. Then a day of sightseeing with a local guide who will provide a tour to Bridalveil Falls, El Capitan, Half Dome, Yosemite Falls, and the Ahwahnee Hotel with time to browse around Yosemite Village and visit the Ansel Adams Photography Studio. Enjoy a leisurely evening at the hotel with time to dine at one of the three restaurants and perhaps visit the pool or spa. After breakfast before heading home in the morning, enjoy a docent-guided tour of the Forestiere Underground Gardens patterned after the ancient catacombs, viewing three fantastic levels of this wondrous place. In Bakersfield, stop for a Basque style lunch and then travel home with beautiful images of waterfalls and peaceful meadows – truly a "Spring Fling". Flyers with more details at the Travel Office. GOODTIMES TRAVEL

CANCELLATION POLICY FOR EXTENDED TRIPS

Refunds can be given before balance due dates. These dates vary from 30 to 70 days, depending upon the supplier. After this date, a refund is given only if trip is full and a replacement is found. There will be a \$10 per person charge on all extended trip cancellation refunds. This will not apply to checks written to tour companies.



OUR MENUS, PER MEAL,
AVERAGE 500-700
CALORIES, 30 - 35% FAT,
AND 1000 MG OF SODIUM
OR LESS



MENUS WITH MORE THAN
1000 MG OF SODIUM

Age Well Senior Services

HOT LUNCH MENU. COLD LUNCH MENU AVAILABLE UPON REQUEST.

LISA GIBSON, M.S., R.D.

SUGGESTED DONATION- 60 YRS OR OLDER: \$4.00
COST - 59 YEARS OR YOUNGER: \$5.50

AWSS RESERVES THE RIGHT TO MAKE
SUBSTITUTES WITHOUT NOTICE


MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

 <h1>December 2011</h1>					Membership Monthly Get Together Advance purchase required. Tickets \$8 members/ \$10 non-members. Menu: Vegetarian lasagna, caesar salad, and cream filled puff pastry				
CHICKEN CHILI WITH WHITE BEANS CHOPPED TOMATO GRATED CHEESE TOSSED SALAD/DRESSING CORN MUFFIN CUSTARD	5	CHICKEN FETTUCINI SALAD W/TOMATOES GREEN PEAS BANANA CAKE	6	STUFFED GREEN PEPPERS BABY CARROTS SPINACH SALAD/DRESSING DINNER ROLL FRESH FRUIT	7	SWISS STEAK MASHED POTATOES BROCCOLI 9 GRAIN BREAD/MARGARINE PEACHES	1		
GLAZED HAM SWEET POTATOES GREEN BEANS RYE BREAD/MARGARINE ORANGE JUICE CHOCOLATE PUDDING	12	LENTIL SOUP TURKEY SANDWICH ON HAMBURGER BUN CARROT RAISIN SALAD MAYO/MUSTARD FRESH ORANGE	13	HONEY MUSTARD CHICKEN RED POTATOES ITALIAN BLEND DINNER ROLL/MARGARINE FRUIT GELATIN	14	CHICKEN NOODLE SOUP TUNA SANDWICH ON A BUN TOMATO & GREEN BEAN SALAD APPLE JUICE CHOCOLATE PUDDING	8		
SALISBURY STEAK & GRVY BAKED POTATO WITH SOUR CREAM BRUSSELS SPROUTS PEACHES	19	FISH WITH DILL SAUCE BROWN RICE CARROTS CAESAR SALAD ORANGE JUICE FRUITY YOGURT	20	Hanukkah Dinner BAKED CHICKEN POTATO LATKES/SOUR CR. APPLE SAUCE HARVARD BEETS DINNER ROLL PEACH COBBLER	21	TERIYAKI MEATBALLS BROWN RICE PEAS & MUSHROOMS MANDARIN ORANGES & BANANAS	15		
HAPPY HOLIDAYS		MEATLOAF WITH MUSHROOM GRAVY MASHED POTATOES SUCCOTASH TAPIOCA PUDDING		HAPPY HOLIDAYS		22	23		
OASIS WILL BE CLOSED FROM DECEMBER 26, 2011 to JANUARY 2, 2012									

*FRUIT IS AVAILABLE FOR DIABETICS

ALL HAM PRODUCTS ARE PROCESSED FROM TURKEY

1% MILK OFFERED AT EACH MEAL

FOUR EASY WAYS TO REGISTER

MAIL IN

Mail your registration form and payment to:
OASIS Senior Center
801 Narcissus Ave.
Corona del Mar, 92625

ONLINE

1. Go to www.newportbeachca.gov.
2. Click on Recreation Classes.
3. Click on My Account.
4. New users: Create an account
5. Click on Register for Activities.
6. Select the class you desire, then click Add To My Cart.
7. Follow the steps for payment.

FAX

Fax your registration form and include your Visa, MC or Amex card number and expiration date to:
(949) 640-7364

WALK IN

Bring registration form to the OASIS Admin Office
Monday- Friday
8:00am-5:00pm

First Name		Last Name		
Address		City		Zip
Home Phone	Work/Cell Phone	email		Check here for an emailed receipt
Participant's Name	Gender	Class # Session	Class name	Fee
EXAMPLE: John Doe	M	5 7 8 9 4 1	KinderGYM	\$65
			Class Fees	
			Non-residents add \$5 for classes \$74 & under OR \$10 for Classes \$75 & over	
			Total Paid	

Photo Release I understand that from time to time City representatives may photograph activities of City recreation programs and participants. By signing this form, I authorize the City of Newport Beach to use or publish any photographs taken by the City showing my participation or my child/children's to promote classes on the City's Internet web site, future publications of the Newport Navigator and/or flyers.

Waiver & Release of Liability In consideration of participation in the Program, I (We), the undersigned, recognize, agree and acknowledge as follows: (1) Participation in the Program is voluntary. (2) The participant is in good health, physically able to participate in the Program without restrictions and has no medical condition that would or may cause participation to be potentially hazardous to his or her health. (3) Failure to disclose a medical condition could terminate participation. (4) There is a real possibility that participant could be seriously injured while participating in the Program. (5) Participant assumes all risks associated with participation in the Program. Participant acknowledges the inherent and potential dangers of participating and expressly waives and voluntarily assumes all risk of personal injury or death which may be sustained while participating. I (We) RECOGNIZE THAT THE REGISTRATION IN THE PROGRAM IS DANGEROUS AND CONTAINS RISK OF PERSONAL INJURY, DEATH, DISABILITY, PROPERTY DAMAGE OR LOSS ("DAMAGES"). I ASSUME ANY AND ALL RISKS associated with my or my child's participation in the Program, including, but not limited to, strenuous physical activity or exertion; striking or being struck, by objects or persons; slipping; and exposure to heat, cold or humidity. Such risk may result in injuries that include, but are not limited to, sprain, strain or tear of muscles or ligaments; fracture or dislocation of joints or bones; head or facial injuries; spinal cord or internal injuries. I know that the risks, hazards and dangers include, but are not limited to, falling, slipping, colliding with other users, staff or spectators. I understand that these risks, hazards and dangers are further increased when other persons, whether or not of the same level of experience, are present at the same time and/or using the same facilities. ALL SUCH RISKS ARE KNOWN AND APPRECIATED BY ME. I hereby, for myself, my child, heirs, or anyone who might claim on my or my child's behalf, agree not to bring any claim, and waive, release and forever discharge the City of Newport, the Newport-Mesa School District, and all of their officers, agents, and employees from any and all duty to me, my child and/or liability for damages arising out of or in the course of my/my child's participation in the Program, including all liability for any active or passive negligence by the City/Newport-Mesa School District and/or their officers, agents and employees. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. I waive and voluntarily assume all risk of personal injury which may be sustained while participating. The laws of the State of California shall govern this agreement. The undersigned, hereby acknowledged to be lawful parent(s) (and/or guardian(s)) of the participant, acknowledge(s) my/our qualifications to sign the Release on behalf of the participant.

Mandatory Signature: _____ **Date:** _____

Non-resident Fee Those who do not reside within the City of Newport Beach, please add \$5 per class priced up to \$74 and \$10 for classes \$75 and over.

Refund Policy Unless otherwise noted — A \$10 (for classes priced \$74 and below) or \$20 (for classes priced \$75 and above) refund fee will be charged if the request is made prior to class meeting for the second time. A full refund will be granted when cancelled by Recreation staff. One and two day classes require 5 business days notice for a refund or transfers.

Fitness Center Refund Policy —A \$20 refund fee will be charged if the request is made within one week of sign-up. After one week no refunds will be granted.

Please Note If your initial payment was by check, a front and back copy of that cancelled check or bank statement must be presented within 90 days after request before a refund can be processed.

Special Assistance If you need special accommodations for any activities, please notify Recreation Services at the time of registration.

Credit Cards Accepted



Make Checks Payable to: City of Newport Beach

Registration Form

OASIS Fitness Center



(949) 718-1818

HOURS OF OPERATION

MONDAY-THURSDAY

7:00 am – 8:00 pm

FRIDAY

7:00 am – 5:00 pm

SATURDAY & SUNDAY

8:00 am – 2:00 pm

OASIS FITNESS CENTER MISSION STATEMENT

The OASIS Fitness Center strives to provide a safe, comfortable, senior-friendly exercise environment for the active older adult providing our members the opportunity to incorporate an exercise routine into their life which nourishes their mind, body and spirit.

FITNESS CENTER MEMBERSHIP

- Age requirement is 50 years and older
- Newport Beach resident fee is \$125 a year
- Non-Newport Beach resident fee is \$175 a year
- No guest passes are available
- Registration is required prior to use of the Fitness Center
- Appropriate clothing and athletic shoes required
- No food or drinks other than bottled water are permitted
- Members must provide their own towels

EQUIPMENT ORIENTATION

Prior to one's first workout, a mandatory training on the equipment will be scheduled for each new member.



On October 4, the Fitness Center celebrated its 1st birthday. Over 200 members enjoyed healthy refreshments, water and good times with fellow members. Here's to many more birthdays!

OASIS PERSONAL TRAINERS

\$75/hour

\$40/ 30 min session

\$325/package of 5, one hour sessions (savings of \$50!)

\$280/package of 8, 30 min sessions (savings of \$40!)

TRAINER'S CORNER

FITNESS TIPS FOR STAYING IN SHAPE DURING THE HOLIDAYS:

Tip #1: Make yourself a goal to do something active each day. Attempt to get out and move for at least 30 minutes each day. **Tip #2: If you are short on time, choose to do weight training over cardiovascular training.** Muscle burns fat and increasing muscle mass will help fight off the extra holiday calories. Doing circuit training is a good way to incorporate both weight training and cardiovascular training. **Tip #3: Drink plenty of water:** Proper hydration gives you a sense of fullness and may help you consume less food. Try to drink 1-2 glasses of water before each meal. Danielle Hernandez, Personal Trainer



PERSONAL TRAINERS CAN HELP YOU DEVELOP A SUITABLE ROUTINE IF YOU WANT TO LOSE WEIGHT, GET HEALTHY OR BUILD MUSCLE TONE, BUT ARE UNSURE HOW TO WORK OUT ON EXERCISE EQUIPMENT.

2011: A YEAR IN REVIEW

As we look back on our first full year in our new building, we'd like to share a recap of our successes in 2011. Thanks to all of our dedicated staff and volunteers, OASIS served an average of 15,735 people per month in 2011.

FRIENDS OF OASIS HIGHLIGHTS:

- Friends of OASIS membership increased from 2,714 in 2010 to 7,684 in 2011, a 65% increase.
- OASIS Volunteers served a total of 10,941 hours in 2011, equal to five full-time staff people.

CLASSES:

- The number of classes and activities offered at OASIS reached an all-time high of over 100! Twenty-five new classes and groups were added in 2011.
- OASIS classes were busier than ever – 7,810 class registrations were processed in 2011.

FITNESS CENTER:

- The Fitness Center ended its first year with close to 2,000 members.
- The average attendance per weekday was 215 people.

SOCIAL SERVICES:

- The number of clients needing information and referrals and other Social Services was up 20%.

SPECIAL EVENTS:

- OASIS had more than 3,500 people attend concerts, luncheons, afternoon movies and other various special events throughout 2011.
- In July, OASIS hosted a talent showcase displaying the wonderful hidden talents among our patrons. Over 200 people enjoyed 19 different performances including singing, dancing, poetry reading, opera and more.

TRANSPORTATION:

- The OASIS Transportation team fulfilled over 16,000 rides in 2011. That is an average of 75 rides per business day.
- The OASIS drivers had a perfect safety record this year, an amazing feat when you consider they collectively logged close to 100,000 miles this year!

WE'RE LOOKING FORWARD TO ANOTHER WONDERFUL YEAR AT THE OASIS IN 2012!